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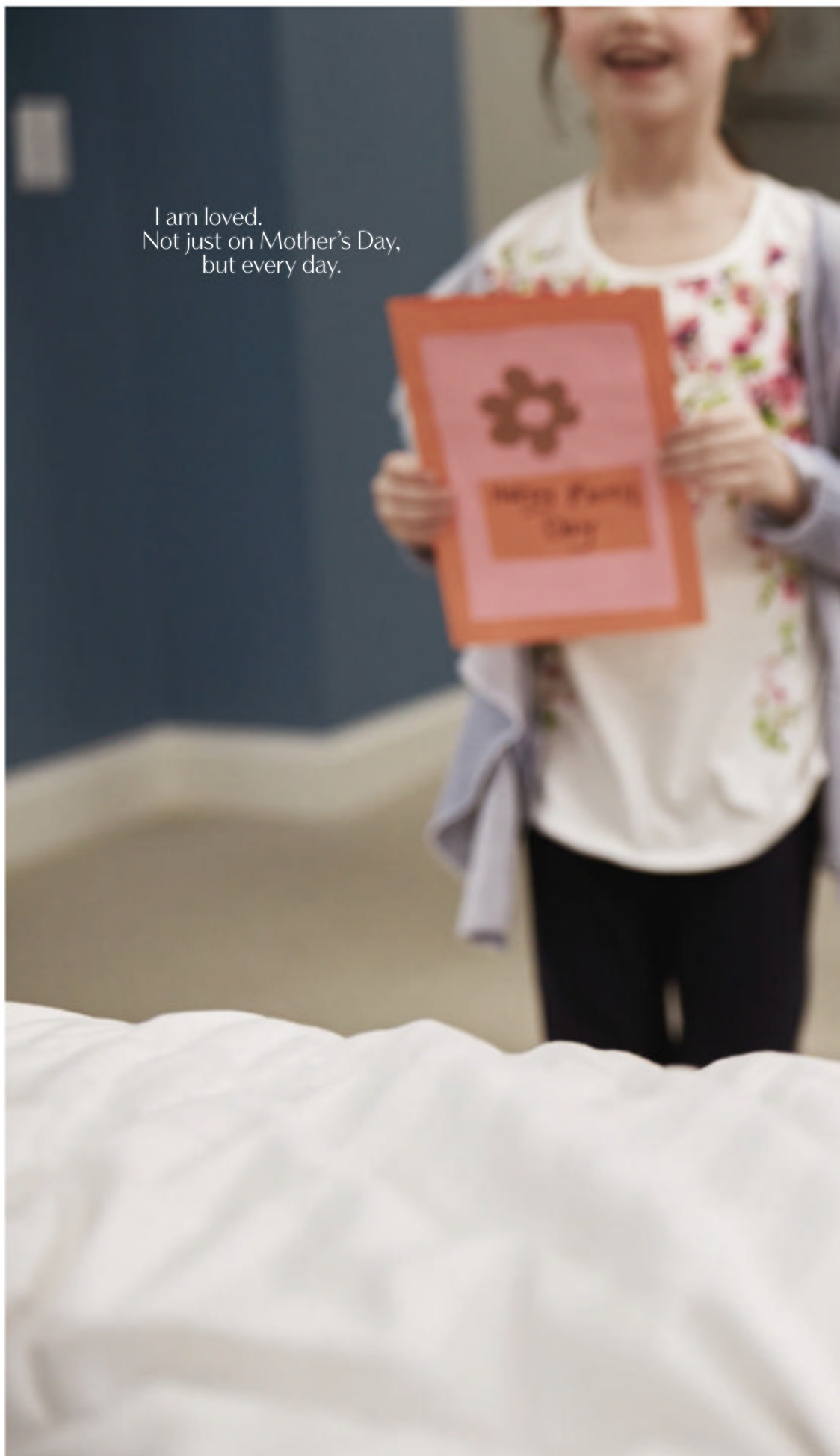


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Thoughts



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ELISABETH KÜBLER-ROSS, M.D., *ON LIFE AFTER DEATH*

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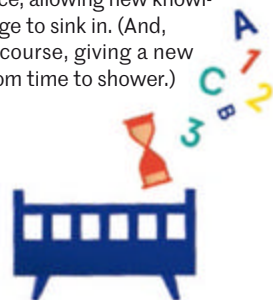
How many artificial red poppies, on average, disabled veterans make in a four-week period leading up to Memorial Day (May 25 this year). Vets have been wearing the flowers on their lapels, usually on Memorial Day and Veterans Day, for more than 100 years; the red buds symbolize bloodshed on battlefields. Veterans earn about \$10 an hour assembling silk buds. Civilians can't buy them, but local chapters of the Veterans of Foreign Wars agency often hand them out at Memorial Day parades. You can also donate directly to vets in need at vfw.org.



Written by
N.Jamiyla Chisholm
Illustrations by
Papercut.fr

30 MINUTES

The shortest amount of time babies need to sleep to better retain something they've just learned, reports a recent study published in *Proceedings of the National Academy of Sciences*. Most parents know naps are crucial; this is one reason why. In the study, 6- to 12-month-olds watched someone remove a mitten from a puppet, shake it, and replace it. Some babies then napped for at least 30 minutes; others slept less or not at all. When shown the puppet four hours later, only babies who snoozed longer remembered the mitten action. Researchers think naps protect the brain from information interference, allowing new knowledge to sink in. (And, of course, giving a new mom time to shower.)



62%

The increase of people in the United States, from 2000 to 2013, who bike to work, according to the 2014 report of the League of American Bicyclists. That means 882,198 people now cycle to and from their jobs every day, with Davis, California, having the most pedal-pushing residents, at 25 percent of the population. (Sunny weather probably helps.) Think you're ready to ditch the Sonata for a Schwinn? There's no better time than May, National Bike Month. Not ready to fully shift gears? Here's a low-commitment option: National Bike to Work Week, May 11 to 15. And don't be nervous if you're rusty. As they say, it's just like...

75%

How much of the time researchers at Pittsburgh's Carnegie Mellon University accurately predicted which passage of *Harry Potter and the Sorcerer's Stone* people were reading—just by looking at the readers' brain scans. The November 2014 study noted how things like word length and plot twists ignited brain activity and tracked patterns. For example, when readers got to the part where Harry learns to fly, blood flow increased in a specific pattern over the brain, allowing researchers to guess which scene, out of two, was read (60 points for Gryffindor!). The findings could help doctors pinpoint where in the brain problems arise for people with reading disabilities, leading to smarter solutions.

10,484 MILES

THE DISTANCE BETWEEN TWO OF THE MORE REMOTE HOMES—IN PLETTENBERG BAY, SOUTH AFRICA, AND SAVARY ISLAND, BRITISH COLUMBIA—IN THE NEW BOOK *BEACH HOUSE HAPPY*, BY COASTAL LIVING EDITOR ANTONIA VAN DER MEER. (COASTAL LIVING IS A SISTER PUBLICATION OF *REAL SIMPLE*.) BUT DON'T WORRY—THERE'S PLENTY TO OGLE CLOSER TO HOME, LIKE CHAIN-SWINGING BUNK BEDS IN NEW JERSEY'S STONE HARBOR AND A SPIRAL STAIRCASE THAT MIMICS A WHALE'S BACKBONE IN SAN CLEMENTE, CALIFORNIA. WE GIVE IT A SEA PLUS.



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stroll
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Leslie C.

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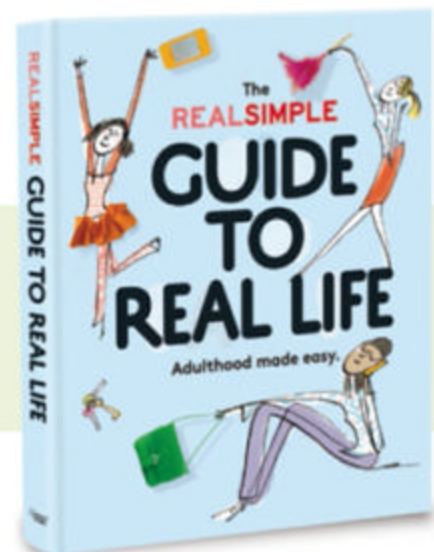
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Editor's Note

A **S I WAS HELPING** to put the finishing touches on this issue, I started thinking about Jeffrey Miller. I often think of Jeffrey Miller as I'm reading the pages of *Real Simple*, because as a gifted stylist and set designer, Jeffrey is a valuable part of the team responsible for making the images on our pages sing. His work is inspired, surprising, creative, and beautiful (see, for example, this issue's cover and food stories, among others), and we're grateful to him every month.

But today I was thinking about Jeffrey because, when he is explaining something, he often begins sentences with the word *basically*. I'm not sure Jeffrey realizes this (if not, he does now!), but he relies on *basically* to introduce many points. And it occurred to me that *basically* might be part of the reason Jeffrey is such a good fit for *Real Simple*.

As many of you know, this magazine launched 15 years ago with a promise to make life easier. How were we going to do that? By distilling information down to its most basic—and the reader response was immediate.

It's a mission we haven't lost sight of in 15 years. Consider some of the features of the issue you're holding in your hands. The cover story (page 148) is about cleaning with natural products—quick “recipes” containing ingredients you most likely have around the house. Easy, cheap, hassle-free, effective. *Basic*. The food feature (page 162) is on... the egg. Thought you knew everything there was to know about eggs? I did, too, until I read the kale frittata recipe and realized that I should have been making frittatas for dinner once a week for the last 15 years. And “If I Had a Hammer” (page 156)



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P.S. The need we all have for basic wisdom is part of what makes me so excited about *Real Simple*'s new book. *The Real Simple Guide to Real Life*, published on April 7, is nothing short of a comprehensive primer on the array of firsts many of us experience in our 20s: first job, first apartment, first time you need to cook a proper meal or fake a clean house. It's smart and funny, and I'm pretty sure there is someone in your life who could use a copy. Wherever books are sold. No pressure. But, you know, please buy one ASAP.

tells the simple story of a group of women who get together to build a basic structure to benefit a community in need.

In a world filled with what seems like infinite choice, sometimes the basics are all we need to feel satisfied, happy, informed, and calm. That's what *Real Simple* has done for you (and me) for 15 years, and that's what makes Jeffrey Miller and everyone else who works for *Real Simple* so smart. They understand how to take overwhelming information and break it down into all you need to know. Basically, that's all there is to it.

Kristin van Oort

HAPPY MOTHER'S DAY!

Meet *Real Simple*'s newest family members.



Son of
Sarah Copeland,
food director.



Daughter of
Antigoni Gouras
Manzi, producer,
RealSimple.com.



Daughter and
son of Jaclyn
Cusenza, project
manager, brand
development.



Son of Kim Tan,
vice president,
marketing.



Daughter of Anni
Cuccinello, senior
manager, audience
development.



Daughter of Carine
Vinett, executive
beauty director,
advertising sales.



REAL SIMPLE HAS PODCASTS?

Yes! Four of them, to be exact, on everything from negotiating household conflicts (*The Labor of Love*), navigating the confusion of your 20s (*Adulthood Made Easy*), handling irritating personalities (*I Want to Like You*), and boiling down kitchen basics (*Things Cooks Know*). There are new episodes every week. Go to realsimple.com/podcasts and listen for free.



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Love.

LIZ CLAIBORNE

Exclusively at JCPenney

Your Words

Q.
What important life lesson has motherhood taught you?

A.

Not every practical decision boils down to a right or wrong choice.

When debating whether to send my first child to kindergarten or to wait a year, I was convinced that one option was the right one and any other path would ruin her life. (I had this same right-versus-wrong mind-set when picking a college and a husband.) But after querying friends and educators about my dilemma, I realized that each choice had benefits and drawbacks. I just had to do what I thought was best. Thankfully, I adopted this new attitude early on in the parenting game and can now apply it to other decisions in my life.

ELIZABETH SPENCER, Battle Creek, Michigan



How to stay calm during a crisis!
SANDI FULLER,
Indianapolis, Indiana



Try to make others smile the way we work to make a baby smile.
@BRIGHTON_BABE

I can find “me time” in the smallest of moments.

In my 20s, me time consisted of an hour-long massage and lounging about for the rest of the day. Now that I’m a mom, I’ve learned to relish little doses of happiness, like an uninterrupted cup of coffee or 10 minutes of grown-up television while I fold laundry. That personal time, no matter how short, rejuvenates me.
SHEILA DUNBAR,
La Cañada, California

Go with the flow!

Before motherhood, I scheduled out my whole life and everything needed to go according to plan. After experiencing so many debacles, especially when traveling with my two little girls, I’ve learned to just embrace the chaos. There’s no need to get upset if one of my well laid-out plans goes awry.

CHRISTEN GOWAN, Greenfield Center, New York

Accepting help from others is not a sign of weakness.

I used to pride myself on being able to do things on my own. Then I found myself with three very young children and my world turned upside down. Since the smallest of tasks became huge ordeals, I started letting others give me a hand (like having friends babysit while I run errands). I thought this would diminish me and my independence, but instead it has allowed me to get more done and be a better mother as well as a happier person.

ALISON FRANCIS,
Pittsburgh, Pennsylvania

Illustration by Anna Parini



Never underestimate the power of stopping to take three deep breaths before reacting to a situation.

MELISSA SHEA,
Savage, Minnesota

Just listen.

In the past, whenever someone let me know about a problem she was having, I always wanted to help her solve it. My daughter taught me that I don't need to focus so much on "fixing." Simply listening and offering support can be enough.

LYNNE BUNNELL, Albany, New York



There's nothing happening online that's more important than what's happening in real life. My son will never be this age again.

@WHITNEYMEADOWS

How to advocate.

Since childhood, I was always too timid to stand up for myself in uncomfortable situations. Even as an adult in the workplace, I failed to speak up when a colleague took credit for my success. After my children were born, I knew that I had to overcome this issue, because if I didn't stand up for them, who would? Nowadays I don't hesitate to approach school administrators or other parents if I believe that my child is being treated unfairly.

CLAIRE RYAN-ROBERTSON,
Newton, Massachusetts

Do a load of laundry every single day.

LAURA HEALY,
Centennial, Colorado

The importance of forgiveness.

I never appreciated the complexity of the decisions a mother has to make—that is, until I became one myself. I've learned to forgive my mom and appreciate the sacrifices she made, to forgive my children after they test my patience, and to forgive myself for not being the perfect mother. I no longer dwell on the past.

MARY VANWISSE,
Austin, Texas

SUBSCRIBER OF THE MONTH



HAYLEY CRAWFORD

HER ANSWER: **There's a difference between tragedy and burnt toast. I remind myself of this many times a day. From food spills on a brand-new sofa to pancake batter tainted with garlic salt to sand in the carpet, these occurrences are just burnt toast. Life with kids is messy, but it's not the end of the world. In fact, it can be really wonderful.**

STATS: Age 34; married, with two young kids; stay-at-home mom and former biomedical scientist; Baltimore, Maryland.

WHAT IS YOUR IDEA OF A PERFECT MOTHER'S DAY?

A sunny day spent with my kids and my mum, who lives over 8,000 miles away, in South Africa. A nap and a meal I don't have to cook would be amazing, too.

IS THERE A CLEANING TASK YOU ENJOY?

This is odd, but declogging drains. There's a strange thrill in the process, and I just love seeing how fast water spirals down a cleared drain.

WHAT ARE YOUR PET PEEVES?

People who aren't open to having their minds changed. Oh, and individually wrapped tea bags. They're such a hassle to open and not very eco-friendly!

WHAT DREAM DO YOU HOPE TO FULFILL?

I dream of waking up naturally in the morning, after the sun has risen, with no kids barging in or crying.



Nothing stays the same. The phases keep changing, and we survive them all!

@JENNYTIEGS

WANT SOME TIPS ON HOW TO DO THIS, PARTICULARLY AS IT RELATES TO BODY IMAGE? GO TO PAGE 104.



To speak kindly to myself, because someone else is also listening and learning.

N.R.,
via Facebook

The art of compromise.

Before I became a mother, it used to be my way or the highway. However, as the parent of a strong-willed child, I discovered that I can't accomplish much with that kind of attitude. It helps to try to respect your child's point of view even if you don't understand it or agree. Now that I'm more accommodating and flexible in my personal and professional relationships, people have been a lot more responsive to my requests.

JOAN CINO,
Metairie, Louisiana



UPCOMING QUESTION
What DIY project are you most proud of?

Go to realsimple.com/yourwords and let us know your answer to this question. Your response could appear on these pages.



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the Realist

UNCOMMON KNOWLEDGE FOR MODERN TIMES

MUM'S THE WORD

IF YOU HAVE KIDS, you've heard the word "Mother!" and its variants more times than you can (or perhaps want to) count. Still, it's eye-opening to realize just how long this word has endured. According to a recent study published in *Proceedings of the National Academy of Sciences*, *mother* is one of only 23 so-called ultraconserved words—meaning words that change in sound so slowly that they have retained traces of their ancestry for, in some cases, more than 15,000 years. (We're talking the end of the last Ice Age.) "We lose 20 percent of our core vocabulary every 700 to 1,000 years," explains Mark Pagel, an evolutionary biologist and the study's lead author. Words morph over time and become unrecognizable, so it's remarkable that certain words date back to cavemen days. *Mother* emerges as an extraordinary phenomenon in languages throughout Europe and Asia because mothers are so central to our lives, says Pagel. Also on the ultraconserved list: *hand*, *fire*, *worm*, *to spit*, and *man*. As to what will stand the test of time and pop up on this list 15,000 years in the future? We're hoping the word *father* finally makes the cut.

Written by Andra Chantim
Photograph by Jens Mortensen



HOW FITTING

These cozy nesting dolls are called matryoshka dolls, derived from the Russian word for *mother*.



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[realsimple.com/
momsday](http://realsimple.com/momsday).

NEW USES FOR OLD THINGS

WOODEN SPOONS

WINNER

PLANT MARKER.

Stake a wooden spoon in the garden and label it with the type of seed buried so you won't forget what's planted where. Once plants sprout, tie spindly stems to the spoon with string as a support until they get stronger.

—idea from
CECELIA GOLDSCHMIEDT,
Flushing, New York

THE REALIST



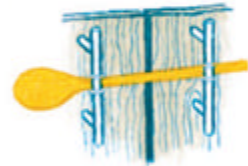
RUNNER-UP

PLASTIC-BAG DRYER: Want to do your part for the planet by rinsing and reusing that zippered plastic bag? To air out the interior thoroughly, prop a spoon inside and lean against a wall.

—idea from
LAURA HANCOCK,
Portland, Oregon

STAY TUNED FOR MORE CLEVER WINNERS OF THE 2015 “NEW USES FOR OLD THINGS” CONTEST

Throughout the year, we'll feature the smartest, most creative ideas straight from RS readers like you.



RUNNER-UP

CUPBOARD LOCK: If you need to keep a curious toddler away from cleaning products, slip a wooden spoon through the handles of the cabinet. Loop a rubber band around each end of the spoon to ensure that the “lock” remains secure.

—idea from
KAT CARPENTER,
San Jose, California



RUNNER-UP

VASE CLEANER: To remove hard-to-reach gunk left behind by last week's bouquet, fill the vase halfway with hot water and a few drops of dish soap. Then wrap a cloth around the handle of a wooden spoon and have at those slimy sides and corners.

—idea from
KIMBERLY POKALSEY,
Pendleton, Indiana

Photograph by Jens Mortensen



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Now what!?!?

Smart solutions for life's little disasters

My windows get direct sunlight, so my curtains are discolored after just a few months.

CATHERINE KEEN, via e-mail

THE FIX: Invest in window panels made of solution-dyed acrylic, a fade-resistant fabric used for outdoor furniture, says Nichole Ocepek, a cofounder of Loom Decor, a home-decorating e-tailer. (One option: Indoor-outdoor drapery panels, \$119 to \$149 each, ballarddesigns.com.)

Another alternative is lined curtains. These include an extra layer to prevent sun damage.

Look for a lining blended with synthetic fibers, says Jackie Von Tobel, the author of *The Design Directory of Window Treatments*. You can also buy a separate liner (like Sound Asleep blackout window curtain liners, \$35 to \$70 each, bedbathandbeyond.com) to protect curtains you already have. If you want light to filter into the room, white panels in a cotton-poly blend will hold up best in direct sun.

Written by Andra Chantim

Illustration by Peter Oumanski

How do I repair sweater bumps made by hangers?

JUDY SCARBOROUGH, VIA FACEBOOK

THE FIX: DAMPEN THE BUMPY AREAS WITH AN ICE CUBE, SAYS STEPHANY GREENE, A FASHION AUTHORITY AND THE AUTHOR OF *STEPHANY'S STYLE SECRETS*. THE ICE WILL MAKE THE FIBERS MALLEABLE WITHOUT SOAKING THE KNIT. THEN PRESS DOWN ON THE BUMPS WITH YOUR FINGERS SO THAT THE FIBERS FALL BACK INTO PLACE. NEXT, WEAR THE TOP FOR AT LEAST 10 MINUTES SO THE CORNERS MOLD TO YOUR SHOULDERS AS THEY DRY. IN THE FUTURE, FOLD SWEATERS INSTEAD OF HANGING THEM.

I left a lipstick in my jacket pocket before doing laundry. Now there's lipstick everywhere, even on the dryer walls!

L. H., via e-mail

THE FIX: To salvage a damaged garment, place it on a clean white towel with the stain facing down, says Mary Gagliardi, a.k.a. Dr. Laundry, a senior scientist for the Clorox company. Press the back of the stain with a dry washcloth and a few drops of dishwashing liquid. As you apply pressure, the lipstick will transfer to the towel. Reposition the garment so that the stain is on top of a clean section of the towel; repeat as needed. Then rinse in warm water and pretreat with a stain remover before machine-washing. (And rinse the white towel in hot water ASAP.) As for the marred machine, wipe down the drum using a white cloth spritzed with a nonflammable all-purpose cleaner (like Formula 409). Then cover a nylon pan scraper with a white sock moistened with cleaner and tackle the tough stains until all of the smudges have disappeared.



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THE STAPLE

ALMONDS

**HOW TO TOAST**

Roast whole almonds in a single layer on a baking sheet at 350° F until toasty, about 10 minutes. Cool, then store in an airtight jar.

3 TASTY IDEAS**RECIPE**
Almond brittle with pistachios and sesame

A grown-up twist on old-fashioned peanut brittle.

HANDS-ON TIME:

15 MINUTES

TOTAL TIME: **45 MINUTES**

SERVES **8**

Bring 1 cup sugar, $\frac{1}{2}$ cup light corn syrup, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ cup water to a boil in a medium pot over medium heat. Cook until golden brown, 13 to 15 minutes. Add 1 cup roasted almonds, $\frac{1}{2}$ cup roasted pistachios, and 2 tablespoons roasted sesame seeds. Stir in 2 tablespoons unsalted butter and 1 teaspoon baking soda. (The mixture will bubble.) Quickly transfer to a greased baking sheet and spread with a greased spatula. Let cool, then break into small pieces.

EASY UPGRADE
Green beans with almonds

Melt a few tablespoons of unsalted butter in a medium skillet over medium heat. Cook until browned and nutty. Toss with steamed green beans, lemon juice, and salt and pepper. Top with toasted sliced almonds.

EASY UPGRADE
All-purpose crumble topping

Pulse 1 cup raw almonds and $\frac{1}{2}$ cup each all-purpose flour and rolled oats in a food processor until finely chopped. Add $\frac{1}{2}$ cup light brown sugar, 6 tablespoons cubed unsalted butter, 1 teaspoon ground cinnamon, and a pinch of salt. Pulse until combined. Use the topping on muffins, cakes, and your favorite seasonal fruits.

In a nutshell, they're addictively delicious and crazy good for you—high in fiber, calcium, and heart-healthy fats. Eaten raw, almonds are tender and faintly sweet. Roasting (also called toasting) brings out their rich flavor and crunch and makes them just right for everything from salads to sides to desserts.

Written by Chris Morocco

Photograph by Jens Mortensen

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REAL SIMPLIFIER

SELF-DEFENSE

You already know to avoid dark alleys, but learning ways to protect yourself can help arm you for other potentially shady situations. As an expert in Krav Maga (an Israeli self-defense system) and the founder of MAMA (Mothers Against Malicious Acts), Jarrett Arthur has the chops to show you how.



What could make you a possible target?

Being glued to your phone. Get off it, and use your ears and eyes. You'll be able to spot danger earlier and be able to respond. It also makes you less of a target by sending a message that you're alert.

Any other mistakes?

Not locking doors immediately when you enter a car or house. You should do this before you even put your purse down. And have your keys out in advance, so you're not digging in your bag as you approach the door.

What should you do if you suspect that you're being followed?

Don't go home. Instead, go to a public area—say, a restaurant—and call the police. Then alert the manager. This way, if your pursuer comes in, there's someone who knows what's up.

What if you're with your kids?

As a general rule, stay between your child and the threat, even if there's a stroller involved. If your children are old enough to walk, prepare them with cues before these situations occur. Tell them, "If I say, 'Stay,' get behind me quickly, grab hold of my back pockets, then straighten your arms." This allows your children to be in constant contact with you, but you'll have the room to strike if you need to.

Doesn't that kind of conversation terrify kids?

You can turn safety lessons into a game when you're at the mall: "You have 30 seconds to look around and name as many safe people near us as possible that you could go to in case of an emergency. Ready? Go!" Help them spot folks like the security guard, a mom with a child, or someone working at a store counter.

Is there a way to escape if you're in an elevator?

Stand near the buttons. In the case of a threat, press every numbered button so the doors open on the next floor. Don't hit Emergency—that stops the elevator. If the attacker is blocking your way, you'll need to hit a vulnerable area and run.

What are the go-to moves we should know?

Try the knee to the groin or the heel of the palm to the nose or throat. These are the most vulnerable spots regardless of the person's size or strength.

What about dropping to the ground and kicking?

Some women are taught to do that, but you want to stay on your feet as much as possible. If you do find yourself on the ground, strike to create space and try to stand up.

What's the best way to alert other people that you're being attacked?

Yell action words that make it clear that everything is not OK: "No! Rape! Fire! Attacker! 911! Help!" They create a greater sense of urgency than screaming or even alarms and whistles.

Should you hold your keys between your fingers as a weapon?

No. When you throw a punch, the impact will push the keys into your

palm and they won't do much damage. A better option is to get one of those acrylic self-defense key chains designed to look like a cat [\$5, jarrettarthur.com]. They have "eyeholes" to slip your fingers through so they stay put; the "ears" are sharp.

What are your thoughts on pepper spray?

As with all self-defense tools, if it's not in your hand in the moment, you might as well not have it.

And if the assailant has a weapon?

If someone is intimidating you into giving up your wallet, do as the person says, but in such a way to give yourself an opportunity to escape. Toss it a couple of feet to the left, to the right, or behind the attacker. This shifts his or her focus so you can run. But if the assailant is using a weapon to coerce you to go somewhere, like a car or an alley, don't comply. You need to fight to better your chance of survival.

Anything else women should know?

Even if you live in an area where crime is low, having the skills to protect yourself and your family will make you feel more powerful and in control.

Written by Kaitlyn Pirie
Illustration by Peter Oumanski



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BEAUTY SOS

OILY T-ZONE

Let's take a moment to reflect on the T-zone. Why does it insist on being shiny, no matter what the rest of your complexion is doing? Turns out there's a higher concentration of sebaceous glands on the forehead and the nose than on the rest of the face. And more glands mean more oil. Never mind, though. With a few easy tips, you can suppress the shine in no time.

Written by Didi Gluck
Photograph by Perry Hagopian

NO-SHINE SOLUTIONS

Use a toner.

"Its astringent ingredients, such as witch hazel and alcohol, can eliminate the accumulation of sebum—a.k.a. oil," says David J. Leffell, a professor of dermatology at the Yale School of Medicine. Dab toner over the T-zone after cleansing, morning and night, or once a day if skin feels tight. Try Kiehl's Blue Astringent Herbal Lotion (\$18, kiehls.com).



Prime with milk of magnesia.

What!? Yes. It helps control oil all day and extends the wear of makeup. After your morning cleansing, pour a bit on a latex makeup sponge and smooth it on your face, avoiding the eye area. Let dry. (It will appear chalky.) Top with foundation and powder as usual.

Carry blotting papers.

To de-shine during the day, it's crucial to remove sebum before mattifying with powder. Otherwise you'll create a cakey texture, says Gilbert Soliz, a makeup artist for Marc Jacobs Beauty International. Try Clean & Clear Oil Absorbing Sheets (\$5, drugstore.com).



JUST FOR SUMMER
Truth be told, toner is somewhat superfluous the rest of the year. But when temperatures rise, it can make a big difference.



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Pink roses with ceramic vase by Real Simple®

HOW DID WE GET HERE?

YOGA

Ponder this as you're struggling to hold Warrior III pose: Originally the practice was not about movement at all. Read on for more mind-openers.



Don't just do something—sit there! In the beginning, yogis strictly remain seated in a cross-legged position.

CIRCA 500 B.C.

Thousands of years before headstands are the goal, Indian texts called the *Upanishads* introduce yoga as a ritual of meditation, breathing, and prayer.

A.D. 400

The *Yoga Sutras* of Patanjali are created, providing the foundation for Ashtanga yoga, which translates as "eight limbs." The scripture offers eight paths to enlightenment, including self-control, concentration, and asanas—postures allowing one to sit for extended periods while meditating.

1400s

Yoga finally busts a move. Several nonseated asanas are mentioned in *Hathapradipikā*, an early text of hatha yoga, the first practice to incorporate physical techniques, says Richard Rosen, the author of *Original Yoga*. One pose is rooster, in which the hands lift up the body while cross-legged.

MID-1800s

Eastern philosophy gradually hits the West. American transcendentalist Henry David Thoreau refers to the Hindu scripture *Bhagavad Gita* in *Walden*, his tome about a spiritual life in the woods. "Thoreau had a copy with him at Walden Pond and later called himself a yogi," says Rosen.

1893

Swami Vivekananda, a prominent Indian spiritual leader, receives a standing ovation at the Chicago World's Fair. "His speeches dispel misconceptions about Hinduism, Indian philosophy, and the yoga tradition," says Philip Goldberg, the author of *American Veda*, about India's spiritual influence.

1969

Good-vibes man: Sri Swami Satchidananda, the founder of the Integral Yoga Institute, an ashram and teaching center, leads yogic chants at the Woodstock Festival, in New York.

1970s

Woo-woo no more. Science proves yoga has medical benefits. One 1975 study finds that practicing yoga lowers blood pressure. Research throughout the following decades reveals that asanas decrease anxiety, increase flexibility and strength, and promote respiratory and cardiovascular function.

1990s

Yoga becomes the new StairMaster. "The physical side really pops when Madonna and Sting say they practice yoga," says Rodney Yee, a yoga teacher and a codirector of the Urban Zen Foundation.

2000s

"Yoga studios crop up like nail salons. Every fitness club has a class," says Yee. Trendy yoga pants soon follow, but the exercise fad stretches into a far-out zone when some studios begin to promote wacky classes, like laughter yoga, karaoke yoga, and dog yoga.

TODAY

Many studios are returning to a balanced stance. "I think the spiritual pull of yoga will win out over the physical and Americans will once again use the poses as a preparation for conscious breathing and meditation, as it was intended centuries ago," says Rosen.

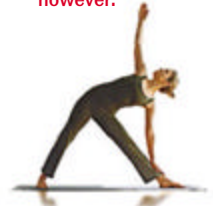
Written by N. Jamiyla Chisholm

In 1785, the *Bhagavad Gita* is translated from Sanskrit into English. Today there are more than 200 translations.



THE MATERIAL GIRL CROONS THE MANTRA "OM SHANTI" IN HER 1998 SONG "SHANTI/ASHTANGI."

Bikram, or "hot" yoga, performed in rooms warmed to 105 degrees Fahrenheit (the aim is to release toxins), gains a cult following. The practice has its naysayers, however.



THE REALIST

MANY BELIEVE HIS PRESENCE AT WOODSTOCK CALMS THE CROWD AS THE WEATHER WORSENS AND FOOD BECOMES SCARCE.



The Indian government's newly created yoga minister wants the practice to expand to schools, hospitals, and police departments.

CLOCKWISE FROM TOP RIGHT: COURTESY OF WIKIMEDIA; KEVIN MAZUR/WIREIMAGE; SUSIE CUSHNER; ELLIOTT LANDY/REDFERNS/GETTY IMAGES; COURTESY OF WIKIMEDIA. THANK YOU TO: CHRIS CHAPPLE, DIRECTOR OF YOGA STUDIES AT LOYOLA MARYMOUNT UNIVERSITY, IN LOS ANGELES; COLLEEN SAIDMAN YEE, CODIRECTOR OF URBAN ZEN INTEGRATIVE THERAPY AND AUTHOR OF *YOGA FOR LIFE*.

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4 MASON-JAR SPRAY CAP

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Written by Tanya Christian
Photographs by Philip Friedman



Eco-quandary HOW BAD IS IT TO THROW AWAY BATTERIES?

It's never good. But the level of *badness* depends on the type of battery.

SORT OF BAD: Single-use batteries. Tossing AA's in the trash doesn't present the same danger that it once did. "National legislation has removed the most poisonous content from single-use batteries," says Karen Blaney, a program coordinator for the Office of Sustainability at the University of Texas at Austin.

BAD: Rechargeable batteries, like those for phones and laptops. They contain heavy metals that can leach into soil and water, says Blaney. Find places that accept batteries on the Recycling Search directory at earth911.com.

REALLY BAD: Automotive batteries. Most car batteries contain toxic lead and shouldn't be thrown away. Almost any retailer that sells them also collects and recycles them.

DISPOSAL TIP: Before you recycle or trash batteries, tape both ends, says George Crabtree, the director of the Joint Center for Energy Storage Research. This prevents the terminals from touching metals and short-circuiting, which could lead to a fire.

—KAITLYN PIRIE



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Hilton

Life Lessons

GOOD READ



Veiled threats

Mangled invitations, hurricane evacuations, and a drunk aunt on a rampage? As *Eliza Kennedy* discovered, wedding-day debacles are perfect preparation for the highs and lows of marriage.

THERE'S A GREAT Italian restaurant in Brooklyn Heights where my husband and I will never eat again. We're too ashamed. We had a big argument there 10 years ago. Big? It was epic. Cosmic. World historic.

It was about our wedding invitations. They were so beautiful! Witty quotations on pristine ivory paper, nestled inside a scarlet folder. Expensive, but worth it, we told ourselves. After all, the invitation is each guest's first encounter with our splendid and unique event. The invitation says, "Welcome." It says, "*This is what to expect. This is who we are.*"

A few nights after we mailed them out, my fiancé broke the news while we were having dinner at that restaurant. The postal system's machinery wasn't impressed with our fancy invitations. They were arriving crumpled and mangled. The ivory paper was covered

with disturbing scarlet smears.

Kind of like we'd used them to clean up the scene of a violent crime.

Our invitations said, "Welcome," all right. "*Welcome to the Wedding from Hell.*" Ruined stationery. Such a shame. But, ultimately, not a big deal. The big deal was the ensuing fight, in which dismay became defensiveness became snappiness became hissed recriminations became me, sniffing, sobbing openly, using the tablecloth to blot my tears, while my fiancé suffered the death stares of the waiters, who were firmly on the side of the tragically unhappy woman at table nine.

The invitation blowout was one of many debacles my husband and I faced on our journey to the altar. Now, we didn't experience any *actual* calamities. Nobody died. Our venue wasn't sucked out to sea or consumed by a

Photograph by Richard Watherwax

After a few nail-biting days, the storm changed course. But Hurricane Charley had friends. Their names were Frances, Ivan, and Jeanne.

fireball. My fiancé didn't have an insane first wife who escaped from the attic just in time to ruin everything. But glitches and minor emergencies become disasters in the context of a wedding. Everything is so heightened. So emotional. So very, *very* expensive. With one shot to get it right, anything less than perfection feels like failure.

By that standard, our wedding failed. Fortunately, it turned out to be a great rehearsal for the marriage itself.

In the beginning, nothing marked my fiancé and me as nuptially cursed. He was a writer. I was a newly minted lawyer. I'm highly organized, efficient, a bit of a worrier. He's...a writer. Together we made a great wedding-planning team. I was starting a new job and didn't have much free time. He picked up the logistical slack and was only mildly delusional about the importance of his contributions. One day, after accomplishing two minor tasks, he announced, completely seriously, "You know, I think I would make a good CEO."

Ten years later, this still makes me laugh.

We wanted a low-key wedding. Elegant but not over-the-top. Super fun. This turned out to be so much harder than it sounded. Here are a few of the obstacles we faced.

Major weather events We decided to throw our wedding in Key West. My fiancé had grown up there, and we loved the island's tropical beauty and smutty sense of humor. The CEO and I headed down to make the arrangements. Everything was going so well!

Until the mandatory evacuation.

Hurricane Charley was coming. A direct hit would destroy the island. We headed back to New York not knowing whether it would survive—or what would happen to all those deposit checks we had just scattered like extremely costly wedding confetti.

After a few nail-biting days, the storm changed course. But Hurricane Charley had friends. Their names were Frances, Ivan, and Jeanne. Each headed toward Key West. Each prompted an evacuation.

2004: banner year for meteorologists! For Floridians? Not so much.

And for me? I couldn't help but view each one as a portent. I mean, one evacuation, fine. But four? Was somebody maybe...trying to tell us something?

Billy the hairstylist Hurricane season ended. The wedding day arrived. At noon, my bridesmaids and I trooped off to the salon. Billy, my chosen stylist, was small, fierce, chihuahua-like. I wanted my short hair set in 1930s movie-star waves, to match my lacy vintage gown. No problemo, said Billy. He wet my hair, set it with pins...and proceeded to blast it with approximately 400 cans of Aqua Net. I was soon enveloped in a sweet chemical cloud. A small hole opened up in the ozone layer above the salon.

I was horrified. Why didn't I stop him? I have *no idea*.

I stumbled out the door. My normally soft and shiny hair was a dull, crimped, crispy helmet. A shocked silence fell over my friends. It was like someone had died. And someone had: the bride I'd hoped to be. She'd been replaced by a freak show whose hair could deflect bullets. And it was only two hours before the wedding.

Medical emergencies A resourceful bridesmaid restyled my hair. We got dressed. Time began to accelerate. We arrived at the Truman Little White House, where we were holding the ceremony. We could hear the crowd gathering outside. It was going to happen. We were going to pull this off!

Then my brother materialized, tuxedoed and stricken. Two of our readers, a husband-and-wife team, weren't coming. I believe my response was "Huh?" The husband had called. They were at the hospital. His wife was having chest pains.

"Chest pains," I said. My brother nodded. "That's...bad." He nodded again. My mind was blank. "Pick substitutes," he said. I did. He left.

Somebody was *definitely* trying to tell us something.

Aunt Honey We survived the ceremony. No lightning bolts from the sky, no sinister strangers shouting objections from the back row. Sure, my mother-in-law was late, and our tiny ring bearer tried to decapitate us

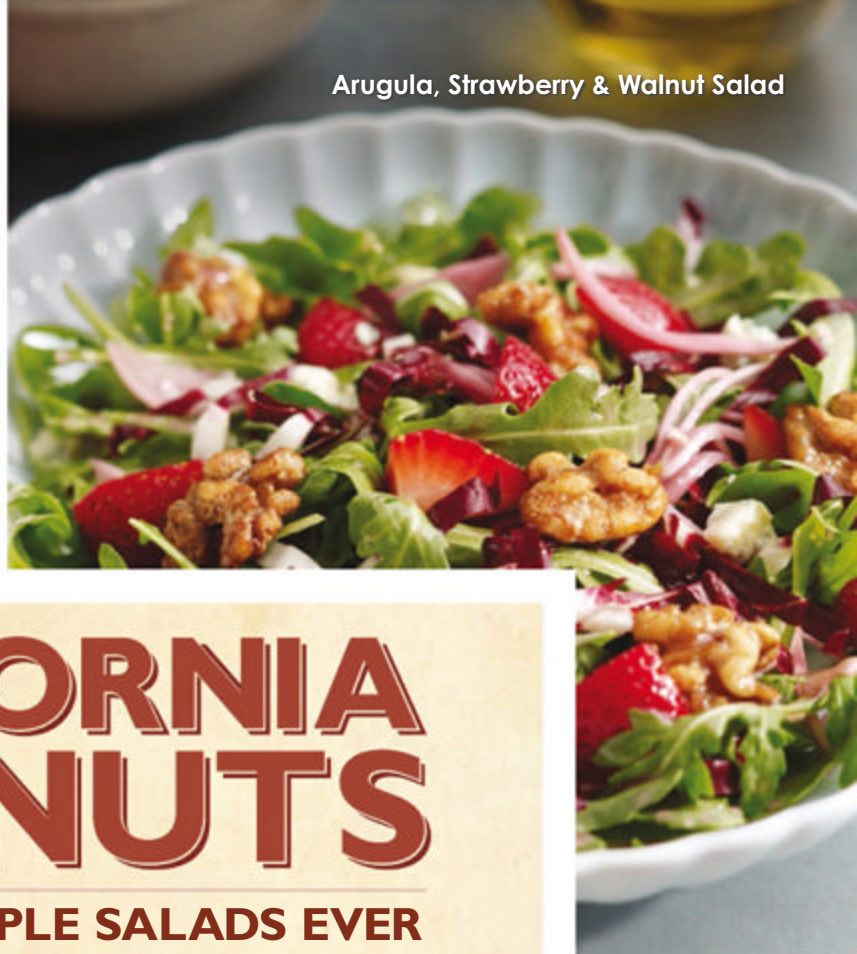


About the author Eliza Kennedy graduated from Harvard Law School and practiced at a Manhattan law firm before quitting to become a writer. Her first novel, *I Take You*, is available on May 5 from Crown.

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We were dealing with money, high emotion, family demands, your personal aesthetics and aspirations... Did I mention money, oh, and also money? It was the first time we faced some of these issues jointly, but not the last.

with a palm branch during the vows, but at this point these were minor annoyances. We'd done it. We were married!

The reception began. Music and drinks and wonderful food and all of our friends. We were having a blast. I felt powerful, unstoppable.

Until Aunt Honey had a little too much Chardonnay.

So Aunt Honey? Not a blood relative. She was my uncle's second wife. He was her fifth husband, or maybe her seventh. Several of the former Mr. Honneys had passed away. She was a tough little fireplug with enormous tinted glasses and shoeblack bangs. I remember liking her. At first.

She and my uncle were out on the dance floor, grooving it up. She got the idea that our dj's were hitting on her. Aunt Honey: not happy. She began grumbling. Then shouting. She wasn't going to stand for it. She was going to kick their asses. We watched in horror. Was she going to...? Yes. She lunged. Fortunately, my uncle is a big guy, and he hauled her forcibly back to the hotel.

She wasn't my Aunt Honey for much longer.

Once the madness was over and I had time to reflect, I realized that all of these mishaps and aggravations were portents after all. A wedding confronts a couple with so many potential pitfalls. We were dealing with money, high emotion, family demands, your personal aesthetics and aspirations... Did I mention money, oh, and also money? It was the first time we faced some of these issues jointly, but not the last. How we worked together and dealt with the problems told us a lot about what our marriage would be like.

Ten years on, we're still a good team. We make decisions jointly. We communicate well. Different as we are, we take each other's concerns seriously, even if we don't fully understand them. And when we fight, it's usually not about some specific dilemma or problem but about our differing emotional reactions to it.

Now the debacles are what I love best about our wedding. They kept things interesting and gave us some laughs. They also planted a seed in my head that, years later, grew into my first novel, about a wedding in Key West and a bride coping with an entirely different set of problems.

Back at the reception, Honey was gone, but we had one final challenge. We had run out of booze. Our caterers were impressed, which, in Key West, is really saying something. My new husband immediately organized a liquor run. You see? Once again, the CEO had it under control. ■



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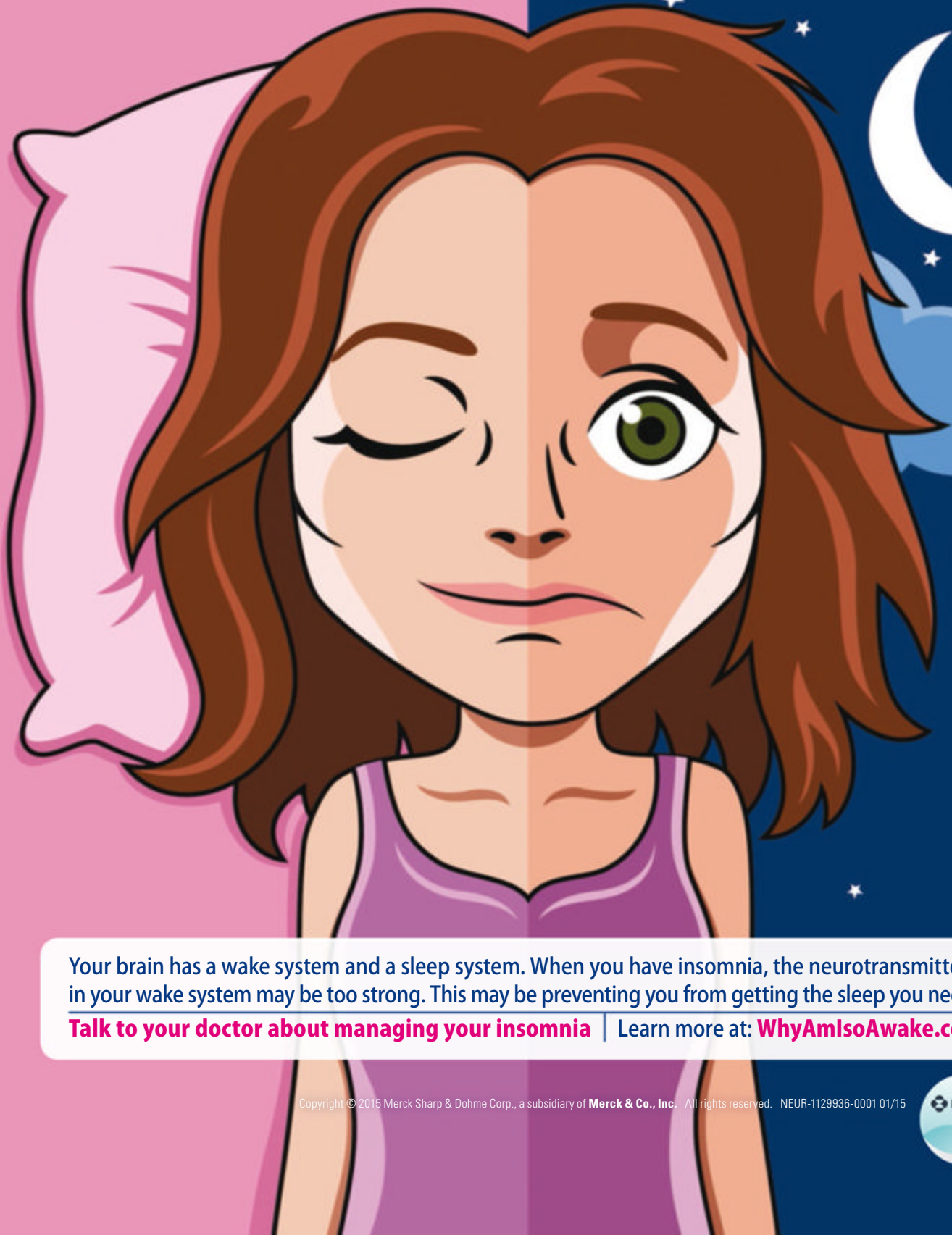


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Modern Manners

REAL SIMPLE'S ETIQUETTE EXPERT,
CATHERINE NEWMAN, OFFERS HER BEST ADVICE
ON YOUR SOCIAL QUANDARIES.

I would like some clarification on potluck rules. Can the guest take home what is left over of her own dish? At a recent potluck, the hostess asked to keep all the leftover food. She said she was hosting another party and would like to have it for that. Is that appropriate? When you've been asked to bring wine and it hasn't been opened, can you take it back home?

H. P.

Potlucks do not seem to be governed by traditional rules of etiquette. The latest edition of *Emily Post's Etiquette* has this to say: "There is no rule regarding who gets the leftovers, so work it out with the host." Given the communal nature of such events, I love this willy-nilly solution to the problem. Is it strange that your host asked to keep the leftovers? Maybe, but, in my opinion, delightfully so. You might even be flattered by the request. We've hosted potlucks where we've begged friends to leave nothing behind and others where we've asked to keep that nice piece of Humboldt Fog. Mostly we just feel lucky to spend the time with friends—and that nobody needed to cook the entire meal. As for the wine, leave it. Even in the case of a potluck, and even when you've been asked to bring it, you should go by the traditional dinner-party rule: Consider it a gift to the hosts in exchange for their generosity.

About Catherine

The author of the parenting memoir *Waiting for Birdy*, Catherine Newman has shared her wisdom on matters ranging from family and friends to happiness and pickling in numerous publications. She gets advice from her husband and two opinionated children in Amherst, Massachusetts.



A coworker is getting married, and many of us in the office have spent time discussing the details and the planning. None of us received a formal mailed invitation. Then, three weeks before the wedding, she invited all of us (12 people) via e-mail. She wrote that we are her work family and how important we are in her life. This seems odd. If she wanted us there, why were we not invited the proper way? How does one respond to this?

M. S.

Respond by accepting your coworker's invitation and showing up to celebrate with her. Wedding planning is complicated at best, and there are loads of variables. Depending on such factors as who is paying, the smallness of the venue, and the largeness of the families, there may be competing considerations about the guest list. You don't know what you don't know. If her fiancé has a gazillion cousins, for example, perhaps your coworker had to wait to see how the RSVPs shook out before extending invitations to her large work family. Maybe there were unusual constraints on the number of written invitations mailed out. It can be tempting to feel snubbed, but it's a fruitless indulgence. Your coworker really wants you there or she wouldn't have invited you. Feel glad to be included and that you work with such a close-knit group of people.

When did hugging new acquaintances become a must? I like to hug only my family and close friends. Other people seem comfortable hugging everyone! I can't count how many times I've been hugged

by friends of friends whom I've just met. Sometimes I can avoid it by holding onto my husband as he shakes the person's hand and I give a little wave. But I don't want to hurt people's feelings. What should I do?
B. C.

It sounds as if you have a pretty good strategy going. In cases where the husband-clutching doesn't work or isn't possible, and at the risk of sounding like a *Seinfeld* character, I would

extend my hand and say cheerfully, "So nice to meet you!" and then, "I'm not really a hugger." It may be an awkward way to avoid awkwardness, but a direct message will wholly preempt those open arms. And if someone thinks you're prickly? Oh well. Women in particular suffer such routine and aggressive invasion of personal space that I recommend protecting it whenever you're so inclined. Despite the ubiquitous squeezefest in today's culture, you are not obligated to hug or be hugged. And as a somewhat indiscriminate embracer, I am making a mental note of your predicament.

How do I politely ask someone to stop letting her dog pee on our grass? We have a neighbor across

the street who will walk over to our front lawn to have the little (female) dog do her business—on a daily basis. I've already asked her not to have her dog pee on our side lawn because our very big (male) dog can smell that and pulls hard on the leash to get over to it. Is there an acceptable way for us to also ask her not to use the front lawn as her dog's litter box?
J. L.

I usually like to approach negligent pet owners as if they're innocently unaware of what's happening—like *Oops, totally unbeknownst to you, your dog has been pooping in our begonias!* Your neighbor, however, is not just in the know; she is blatantly facilitating the dog's urinary transgressions. I confess that I've only ever concerned myself with the solid leavings of our neighborhood dogs, but if the pee is bugging you—and your canine—say something. "We appreciate that you've kept your pup from peeing in our side yard, but that request goes for the front yard as well." Then describe your dog's territorial unruliness, which she, as a fellow dog owner, may sympathize with. This gentle approach is prefera-



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*Triscuit crackers contain at least 22g of whole grain wheat per serving.
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ble to posting a No Trespassing sign or building a fence. You would be well within your rights, of course, but that would create an even more unneighborly relationship.

My husband and I are expecting. This is our first child as well as my husband's parents' first grandchild, and we're all very excited. Sadly, my husband's older sister and her husband have been unable to conceive

and are now on a list for adoption. Since we told them that we are pregnant, they have made some very rude comments to us both, including that we are not to tell people that we are pregnant in front of them because it hurts their feelings. Both my husband and I understand that this situation is difficult for them and have been giving them their space to deal with it. However, the bitter comments—and sometimes blatant ignoring at family functions—are starting to hurt me. I feel as though I cannot be excited about having my first child or discuss anything about it for fear that they will be offended. What should I do?

M. S.

You're having a baby! You should be thrilled, and you are, so let your abundant joy spill over into compassion for your unhappy sister-in-law. (This is a good rule of thumb in many difficult situations: The happier person should do the harder work.) Ideally, the couple would muster a bit of graciousness at family gatherings. But if they can't, you will have to continue to dial down your excitement. Pregnancy is such a poignantly visual reminder

to would-be parents struggling with infertility. Doubtless they feel as if you're flaunting it when you so much as step into a room, and ignoring you may be their best option in their own raw state. So keep cutting them slack, and consider visiting with your husband's parents alone so that you can rejoice openly together. And cross your fingers that the adoption goes through. Once those little cousins are running around together, all will be well again.

HAVE AN ETIQUETTE QUESTION?

Submit your social conundrums to Catherine at REALSIMPLE.COM/MODERNMANNERS. Selected letters will be featured on these pages every month.



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5 things you shouldn't do when you're tired

The biggies are obvious: perform surgery, operate heavy machinery.

But what if you aren't an M.D. or a crane operator, just a sleep-deprived new parent? "Been there, done that" experts offer some eye-opening advice.

1

ARIANNA HUFFINGTON

Tweet.

Never Tweet—or Instagram or post on Facebook—if you're tired. Tweeting while tired may lead to regrets in the morning or, in severe cases, SJORL (sudden job or relationship loss). As

Lorne Michaels put it, "I don't tweet for a very simple reason, which is that I drink." The same principle applies to sleep deprivation; it impairs your judgment. In other social matters: You shouldn't date if you're overly tired. You won't be your best self. Or even yourself. Which is not a great thing when you're trying to form a relationship. I once had dinner with a man who bragged to me that he'd gotten only four hours of sleep the night before. I resisted the temptation to tell him that the dinner would have been a lot more interesting if he had gotten five!



Written by Rebecca Webber
Illustration by Shout

2

KRISTEN KNUTSON

Tackle the hard stuff.

Especially at work. If you have a big meeting or a job interview, you need to be on your toes, ready to respond to questions. Don't yawn in front of someone important! It's particularly hard for new parents. We often have to come back to work long before we start sleeping well. When I returned from my maternity leave, I misplaced a \$10,000 piece of computer equipment. I knew I had put it somewhere safe, but I couldn't remember where. I eventually found it. At the time, I had no idea how sleepy I was. The best way to do your job well is to get enough sleep.

3

FREDERICK BROWN

Tempt yourself.

Don't go to the doughnut shop when you're sleepy. Being tired heightens your impulsivity, so you're more likely to grab the cream-filled with chocolate icing. In a double whammy, lack of sleep also disrupts the digestive system, especially two hormones, leptin and ghrelin, which help regulate hunger. You're more likely to crave carbs, and at the same time your metabolic system has slowed down. That midnight pizza, along with the doughnut, will be stored in your hips rather than metabolized.

4

KEVIN GREGORY

Assess just how tired you are.

People are bad at recognizing when they're fatigued and less alert. They think they're doing fine even though they got four versus their usual eight hours of sleep. Lab studies show that scores on a standard performance test are worse after even one short night. And if sleep restrictions are chronic—say, over a two-week period—the performance declines dramatically. Yet tired people rate themselves as doing better than they actually are. It's a misconception that we're coping better with sleep deprivation than we really are.

5

HEATHER COCKS

Try to be superparent.

You don't have to stick every landing without help. On our first solo day home with our twins, I told my husband to grab a much needed nap, figuring, *I can handle two infants by myself. I am their mother.* I scooped them up onto my lap, where they promptly threw up on each other's faces and started screaming. I was so groggy and shaken, unable to get them back into the bassinet, so I folded them into some kind of baby-and-barf taco long enough to wake my husband by pinkie-dialing his cell. In retrospect, I should have asked a friend to come over. There's no shame in calling for backup when you're exhausted. Life is teamwork, after all.

THE EXPERTS

ARIANNA HUFFINGTON

is the president and editor-in-chief of the Huffington Post Media Group and the author of *Thrive*. She lives in New York City.

KEVIN GREGORY is a fatigue management specialist who works with companies to minimize fatigue risk for employees. He lives in Sunnyvale, California.

KRISTEN KNUTSON

is a professor of medicine at the University of Chicago and a National Sleep Foundation Scholar. She lives in Chicago.

HEATHER COCKS is a cocreator of the celebrity fashion website *Go Fug Yourself* and a coauthor of *The Royal We*. She lives in Los Angeles.

FREDERICK BROWN

is a professor of psychology and the director of the Human Performance Rhythms Laboratory, at Penn State University. He lives in State College, Pennsylvania.

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BREATHE

THIS MONTH'S EXPERT

CYNDI LEE, the founder of the influential OM yoga Center, in New York City, now teaches yoga worldwide. She is the author of five books, including the acclaimed memoir *May I Be Happy*. Find her at cyndilee.com.



When you have insomnia and your body is exhausted but your mind is doing laps, the best solution is to breathe—it gives your brain something to do besides think. Stay in bed and get comfortable. Lie on your back with one hand on your abdomen, below your belly button, and the other on your chest. Breathe naturally, focusing on the rising and falling of your hands. If your mind strays, that's no problem. Now bring your attention to your back, as if you had another pair of hands there. As you breathe in, feel your back expanding into the bed, and as you exhale, notice the softness of coming back to center. (If someone next to you is snoring, use it. Instead of experiencing it as an irritating obstacle, listen to the rhythm of the snorey inhales and puffy exhales and match your own breathing to that groove.) Now try to feel your front and your back both expanding as you inhale and softly contracting as you exhale. Let this feeling spread to your face, neck, shoulders, legs, feet—as if your whole body is breathing. Every spot smoothly filling with air and every spot softly emptying with each exhale. Even if you don't fall asleep right away, you'll have relaxed your nervous system, calmed your attitude, and repatterned the energy of your sleeping environment.

Photograph by Marc Dimov

OFFSET

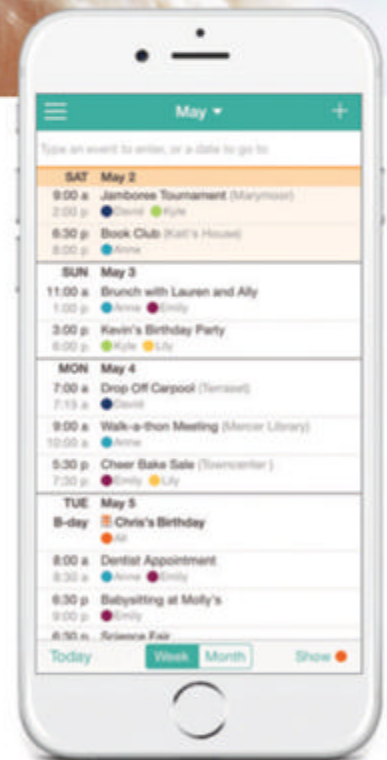


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and couldn't ride my motorcycle,
I guess I could get used to it.
But my soul wouldn't.”

—ELAYNA BOUCHER

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PRETTY SMART

The latest beauty products and tips that save time, money, and—best of all—your sanity.

Written by Didi Gluck
Photographs by Danny Kim

BEST CASE
NOT ONLY IS THE
TUBE SLIM AND LEAK-
PROOF BUT YOU
CAN USE THE OUT-
SIDE AS A MIRROR.

Melts on your mouth

Riding on the success of its hair and face oils, YSL has introduced a cosmetic that delivers similar slip to lips. Volupté Tint-In-Oil (\$32, yslbeautyus.com) features color pigments suspended in a blend of botanically based oils that seals moisture and tint into lips for hours. The diamond-shaped sponge applicator ensures even coverage and precise placement, so the slick is contained well within (lip) lines. In eight shades.



AIR TIME

THIRTY SECONDS AFTER YOU MASSAGE **PETER THOMAS ROTH BRIGHTENING BUBBLING MASK** (\$55, SEPHORA.COM) ONTO CLEAN SKIN, IT FIZZES UP, DELIVERING OXYGEN AS WELL AS NATURAL PEPTIDES TO YOUR DERMIS. LEAVE IT ON FOR 10 MINUTES ONCE OR TWICE A WEEK.



TIP

Add a dash of fresh lemon juice to your exfoliator to boost its natural brightening power, says Marcia Kilgore, a celebrity aesthetician and the founder of the Soap & Glory skin-care line: "It contains citric acid, an alpha hydroxy acid that dissolves dull dead cells stuck to your skin."

Set straight

For flattening on the go, the eight-inch **Gold 'N Hot 1/2-inch ceramic straightening iron** (\$30, belsonproducts.com) has frizz-busting ceramic plates and teeth that help grip and smooth all hair types. A must for gym bag or office drawer.



Soft peddle

Perpetually parched? Try new **Vaseline Intensive Care Healing Serum Deep Repair** (\$8 at drugstores), an über-potent (hence the serum's name) hydrator mixed with Vaseline Jelly into a silky, not sticky, salve.



Write on

Get the intensity of a gel eyeliner with the ease of application of a pencil. **Hard Candy Stay in Line** (\$5 at drugstores) has a viscous formula that stays on for 12 hours. Let us also point out: The end features a sharpener and a smudger.



How bewitching!

File this under "Weird, but it works": **Lipstick Queen Frog Prince lipstick** (\$25, lipstickqueen.com) is a creamy balm that, with help from its sheer green tint and your skin's pH, develops into the ideal pink pout (yes, really) for you.



Green clean

Infused with the wonder ingredient du jour, **Acure Argan Oil Cleansing Towellettes** (\$7, target.com) remove makeup, dirt, and sweat from your face and body without stripping skin. Bonus points: The cloths are 100 percent biodegradable.



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Time to
reflect
Hair shines
less with age.
Use a boar-
bristle brush
to distribute
scalp oils for
added sheen.

AGEPROOF YOUR HAIR?

Yes, even it grows older, losing body and shine as the years go by. (*Sigh.*) But these pro tips will help your hair act like its teenage self again. Scrunchie not included.

Photographs by Barbara Donninelli

CONSIDER YOUR FOLLICLES

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Some products temporarily coat thinning hair. Women's ROGAINE® Foam gets to the root of the problem. Reactivating inactive follicles from the inside out. Apply once a day to regrow thicker, fuller, beautiful hair.



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Use as directed. *In a 6-month placebo-controlled clinical study (n=404). **Based on mean hair strand diameter.

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We expect fine lines and sun spots on our skin. But what is the aging process doing to our hair? The unwelcome surprises can arrive as early as the 30s—and, for a lucky few, not until the 50s. But the list of complaints is consistent: fading color, grays, dullness, and thinning.

“The cause of most of these issues is internal,” says Francesca Fusco, a dermatologist in New York City who specializes in hair loss. As we approach menopause, hormonal shifts cause a decrease in melanin

production, which ultimately leads to gray or white hair, as well as a “marked drop in sebaceous-gland activity, which translates into dryness,” says Fusco. Menopause is also linked to thinning strands due to a decline in estrogen and a surge in DHT, a male hormone that makes hair grow out of the scalp less densely or, in some cases, not at all. (We’ve dedicated a whole story to menopause in this issue; page 127.)

The news is not all bad, however. As with skin, there are plenty of

products and strategies that can help minimize these age-related changes. Hair dyes (or embracing and enhancing your grays) and rich conditioners mitigate the effects of less melanin and oil, while over-the-counter and prescription topical and oral treatments, such as minoxidil, finasteride, and spironolactone, can help manage the effect of hormonal changes on thickness and density, says Fusco. Tweaking your hair-care and styling habits can also have a significant impact. Here are 11 steps to take to make sure your hair ages as gracefully as the rest of you.

1. SCALE BACK ON WASHING.

As your scalp starts producing less oil, your hair becomes less lustrous and resilient. Over-shampooing further saps essential oil. “Aim to wash no more often than every other day,” says Marcus Francis, a Los Angeles-based stylist. If you’re someone who works out regularly, Francis suggests ridding yourself of sweat between shampoos by massaging your scalp in the shower; the pressure of the water will help exfoliate excess oil from your scalp.

2. REPLENISH LOST OIL. To help make up for what your scalp is not producing, try this all-natural trick from Nunzio Saviano, a stylist and the owner of the Nunzio Saviano Salon, in Manhattan. A couple of times each month, heat up a teaspoon of coconut oil (available in health-food stores) in a microwave until it turns to liquid. Massage it into your scalp and leave it on for an hour or two, or even overnight; shampoo out. Lest you think the oil will weigh down your hair, Saviano says



Parting ways

An imperfect part hides sparseness up top.

jane iredale

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his clients with thinning hair often find that the treatment makes their hair more buoyant, not less. Bonus: The massage may also help boost scalp circulation, promoting healthier hair growth, says Fusco.

3. SWITCH THINGS UP SEASONALLY.

Older hair is more climate-sensitive than younger hair. “Try to change your shampoo and conditioner every season, or at least every six months,” says Francis. Opt for an ultra-hydrating duo, along with a deep conditioner, in the dry winter months, and splurge on a UV-protectant product for the spring and summer. When the temperature drops, try Redken Extreme Shampoo and Conditioner (\$15.50 and \$16.50) and Extreme Strength Builder Plus mask (\$17.50; all at redken.com). Living Proof Restore Instant Protection (\$26, livingproof.com) will shield against UV rays and humidity during the sunnier, stickier months.

4. CUT CONSISTENTLY. Don’t skip those appointments. “One of the keys to keeping your hair in good shape as you age is being diligent about maintenance,” says Saviano, who points out that it’s easier to maintain hair than to undo damage. Aim for a trim every six to eight weeks or so.

5. BE BLUNT. Choppy ends make thinning hair appear even more straggly. A better bet is to choose a cut that is closer to all one length, which will add weight and density to the ends, says Saviano. A universally flattering option is the classic bob, which is typically longer in the front and a bit shorter,

Don’t blow it
Stop
blow-drying
before hair
is 100 percent
dry. Leaving
moisture
in your hair
will make it
appear thicker.



with stacked layers, at the nape. (The lob is a shoulder-skimming version of the cut.) This look “leaves length around the face, which is something many women like, and it has extra fullness in the back,” says Francis.

6. JUST SAY NO. Fads, such as baby bangs, asymmetrical cuts, and Easter egg-colored ends, are probably not advisable after the age of 40, says Brad Johns, a celebrity colorist at the Samuel Shriqui Salon, in New York City. You’ve heard of certain looks being “forgiving” to older faces? Right. These aren’t.

7. SMOOTH YOUR STRANDS.

Your hair may start to lose shine and feel rougher as it ages, says Jason Backe, a colorist and a co-owner of the Ted Gibson Salon, in New York City. You can’t change its physiological structure, but you can flatten and lock down the cuticle by using a smoothing serum (such as Shu Uemura Ultimate Remedy Extreme Restoration Duo Serum; \$38, shuueamuraartofhair.com) or an in-salon gloss or keratin treatment (prices vary by region). This will make your hair softer and improve its sheen. Another easy way to restore shine? Use the air-flow

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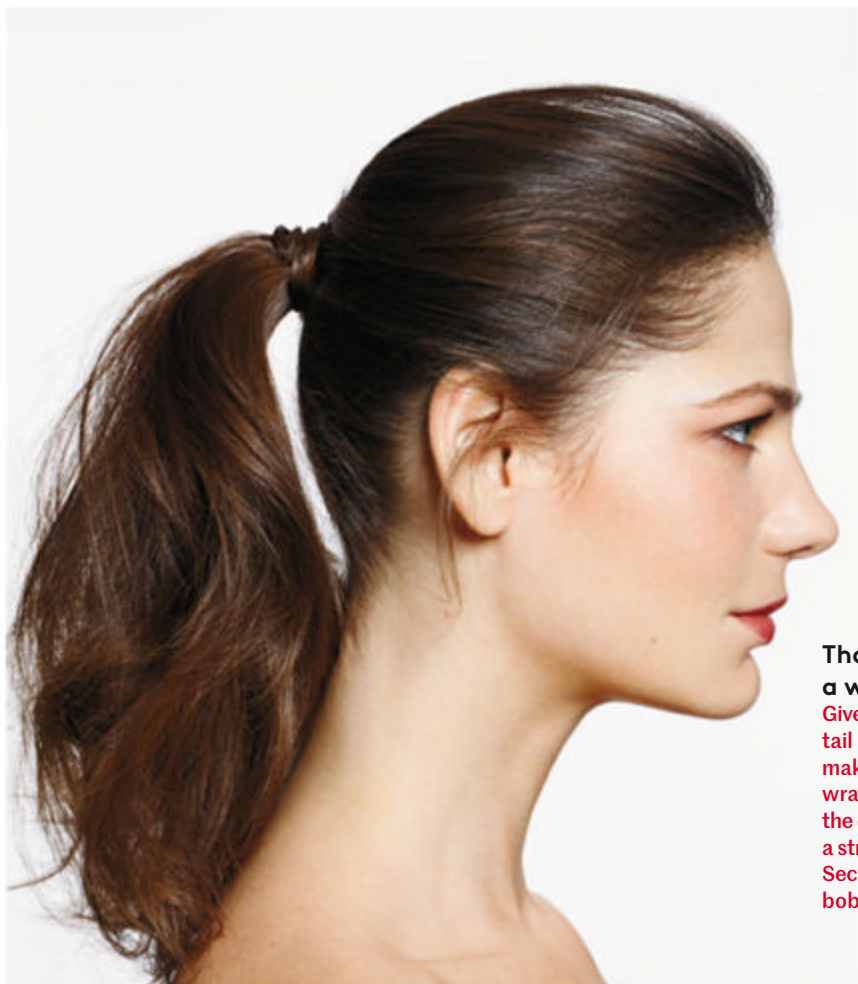
INSIDE:
Our formula with Alpha
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a wrap**
Give that pony-
tail a mature
makeover by
wrapping
the elastic with
a strand of hair.
Secure with
bobby pins.

attachment when you blow-dry, and make sure that you're always aiming down the hair shafts, which will keep the cuticle layer from flipping up and looking fuzzy.

8. GO BACK TO YOUR ROOTS.

If you intend to hide the grays as you age, the most flattering color will be something close to whatever grew out of your head when you were a toddler, says Johns. To that end, use your childhood color as a guide, but keep in mind that extreme hues (even if you wore them well in preschool) are not flattering to aging skin, says Sharon Dorram of

Sharon Dorram Color at Sally Hershberger, in New York City. "Very light hair, like platinum blond, can wash you out, while dark, inky shades can look harsh." To err on the safe side, Dorram suggests starting with highlights, which subtly lighten hair, or lowlights, which subtly deepen it. Both require less frequent touch-ups than all-over dye. Streaks also keep color from becoming too monochromatic (or wiglike).

9. GO GENTLE. To the extent that you can, curtail regular use of volumizing products, like mousse and root lifters. They do provide

body, but they are also typically laced with drying alcohol. The same holds for reliance on a flatiron, damaging chemical processes, like bleaching, and even back-combing.

10. INVEST IN GOOD HOT TOOLS.

If you do heat-style, buying high-quality dryers and irons that work in a single pass or twirl is key, since aging hair is more vulnerable to breakage and splitting, says Francis. (It's the repetition that sizzles strands.) Try the DryBar Buttercup Blowdryer (\$195, thedrybar.com) or the Chi Ceramic and Titanium Hair Styling Iron (\$130, ulta.com). Also, always use a heat-protecting spray to minimize frying, like Suave Professionals Heat Protection Spray (\$3 at drugstores).

11. STAY FLEXIBLE. "Hair that moves and looks touchable is youthful," says Backe. Think of women who have aged gracefully, such as Julianne Moore, Michelle Pfeiffer, and Julia Roberts. "One thing they have in common is soft, chic hair that's never stiff," says Backe. This means it's time to retire the firm-hold spray and opt for flexible stylers. Use nothing that leaves hair crunchy.



**NOW, WHAT ABOUT
YOUR SKIN?**

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— DIANE KEATON

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MASCARA

Fringe benefits of the right mascara? Longer, fuller, flirtier lashes. Here are six picks—chosen from more than 70 tested—that battled way above average.

1 BEST WAND

Maybelline New York Lash Sensational Mascara

Use the short, comblike bristles on one side to reach the roots and the innermost lashes. Catch the tips and the outer corners with the opposite side, which has long, fanned-out bristles.

"No lash left behind—ever!" said a tester.

TO BUY: \$9 at drugstores.

2 LONGEST-WEARING

Eyeko Sport Waterproof Mascara

Smudgeproof formulas tend to be drying or, worse, flaky. This vitamin E-infused pigment leaves lashes coated with glossy color that holds up for 24 hours through rain, sweat, or tears.

TO BUY: \$24, eyeko.com.

3 BEST CURLING

Benefit Roller Lash Mascara

Inspired by the design of hair rollers, the wand has tiny hooks that grip and lift lashes as you pull it through. And the waxes in the formula help keep the lashes in place. "It's almost as good as my curler," said a tester.

TO BUY: \$24, benefitcosmetics.com.



EYE DO'S
Check out four great eye looks at realsimple.com/eyemakeovers.

Written by Jenny Jin
Photograph by Jens Mortensen

4 MOST VOLUMIZING

Almay One Coat Thickening Mascara

The conical brush wraps a viscous formula packed with nourishing ingredients, like aloe and vitamin B5, around every hair, creating a full, fluttery look that works for day or evening.

TO BUY: \$7 at drugstores.

5 BEST TEXTURE

CoverGirl Full Lash Bloom Mascara

Made with natural beeswax, this mousselike mascara darkens and defines without weighing down. "I like how soft my lashes were even after multiple coats," said a tester.

TO BUY: \$8 at drugstores.

6 MOST DRAMATIC

Buxom Lash Mascara

This supersaturated pick has a thick, hourglass-shaped brush that lays down rich, buildable color. One coat renders a fuller-looking fringe. Two coats and people will wonder if you're sporting falsies.

TO BUY: \$19, sephora.com.

THE OPHTHALMOLOGICALLY TESTED, FLAKE-RESISTANT FORMULA IS SAFE FOR CONTACT-LENS WEARERS.



HOW-TO

APPLY FOUNDATION

If done right, it disappears like magic—no wands or hocus-pocus involved.

Written by Jenny Jin

Photograph by Barbara Donninelli

THE BASICS

FIND THE CORRECT FORMULA

With so many new concoctions available, the old rules (oily skin should stay with powder; dry skin should keep to liquid) don't apply anymore. Now, any formula—liquid, stick, cream, powder—can work for you as long as it contains the right ingredients for your skin type. In general:

- If your skin is oily, look for a formula that contains sebum-absorbing talc, mica, or silica.
- If your skin is dry or mature, opt for an emollient formula that has ingredients like glycerin and squalane.
- If your skin can be sensitive, try a nonirritating mineral foundation.
- If you have normal skin, choose a hydrating water-based formula.

CHOOSE THE BEST SHADE

Test three: the color that you think most closely matches your skin tone, as well as one a shade lighter and one a shade darker. Swipe each color onto your jawline, wait a few minutes for them to dry (color and finish sometimes look different after setting), and assess the swatches in natural light. The best match will blend seamlessly into your skin.

TOOLS

- **FOR LIQUID FORMULAS**
You can use a firm brush with synthetic fibers, like the Sonia Kashuk Flat Top Multipurpose Brush (\$16, target.com), which won't absorb all the liquid. Fingers work, too.
- **FOR CREAMS AND STICKS**
Blend with a damp makeup sponge, such as the BeautyBlender (\$20, beauty.com).
- **FOR POWDERS**
Go for a soft, fluffy brush, like IT Brushes for Ultra Live Beauty Fully #211 (\$40, ulta.com). Its hairs grip particles well.



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at realsimple.com/foundations.

THE APPLICATION

Regardless of what formula you use, when it comes to placement, focus on the central part of your face, then move outward. “Most skin discoloration—such as darkness under the eyes or any excessive redness on or around the nose or cheeks—happens in the middle,” says Matthew Waitesmith, a makeup artist and the founder of the Artis makeup-brush line. “Starting here ensures that these areas get the most coverage and any remaining color will be sheerest along the edges of your face.”

HOW-TO

- With liquid formulas, load a foundation brush and, starting at the center, as described above, sweep on color using light, outward strokes. If using your fingertips, start by applying dots of foundation to your forehead, nose, and chin, then to discolored areas and blemishes. Next, using a tapping motion so you don't tug your skin, gently blend the color in.
- For creams and sticks, apply down the center, then sheer it out with a damp sponge using a light pressing motion.
- For powders, swirl a soft, round brush across your face in small, circular motions to buff in the formula gently. Finish with a few outward strokes.

THE FINISHING TOUCHES

TO SET A LIQUID, CREAM, OR STICK

Dip a fluffy brush into translucent powder, tap off the excess, then dust lightly over your face. The latest formulas contain light-diffusing particles and oil-blotting ingredients that make skin glow and lock in your base.

TO SET A POWDER FOUNDATION

Try a setting spray. “The fine mist adds moisture, so powders settle into skin, as opposed to sitting on top of it,” says Waitesmith. In other words, it helps your makeup look more like skin and less like powder.

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Organizer

We're a family of eight, and our laundry room is a disaster. How can we organize it better?

[illegible]A black and white portrait of a woman with long, curly hair, smiling slightly. She is wearing a light-colored top. The portrait is positioned in the upper left corner of the page.

THE GUIDE
home

PORTRAIT BY SARAH MAYCOCK

falling apart at the seams I have yards of fabric and sewing supplies spilling out of boxes and bags. What's a neater way to store them?

L. G., via Facebook

When supplies are jumbled like this, you lose a lot of time having to rifle through it all to find what you need for each project. To avoid the hassle, I recommend storing fabric in a drawer unit (ClosetMaid four-drawer kit, \$83, closetmaid.com). Fold each piece into a square or a rectangle, arrange by color, and "file" like folders so you can see the fabrics' edges. If you prefer boxes for storage, keep color-coded fabric piles in stackable ones with clear, drop-down doors (medium all-access organizers, \$30 for two, rubbermaid.com). Scissors, measuring tape, and other tools can stay out in the open without crowding your work space if you store them in wall-mounted vessels (wall plate, \$15; assorted magnetic containers, from \$15: myurbio.com). Use clear, lidded containers on open shelving for smaller items, like buttons and needles. To keep spools of thread lined up, try a shallow divided box (24-compartment box, \$16, containerstore.com).



cooking-tool takeover

I need big help with my messy kitchen-gadget drawer! Sharp items make it dangerous, too.

L.S., via Facebook

It's tricky to keep a drawer orderly when the contents are vastly different shapes and sizes, so I like to add an expandable insert with adjustable compartments (Oxo adjustable drawer organizer, \$25, oxo.com). First give yourself more drawer space by pulling out long tools, like tongs and spatulas. Those can live in a crock on the counter. Mount a magnetic knife strip on the wall to corral sharp tools (pizza cutter, cheese slicer), and store knives in a slim holder on a countertop (Bistro knife block, \$40, bodum.com). Then fill the insert strategically: gadgets you use the most in front and the rest in back.

storage switchup

We have tiny closets, so our bedrooms are messy, but our basement is underutilized. How can we rework it to alleviate clutter upstairs?

K. M. M., via Facebook


The key is to use your closets to hang only structured pieces you wear regularly (jackets, blouses, skirts, pants). Jeans and tees can go in a dresser and shoes in an under-bed box. Hanger by hanger, pull out off-season and rarely worn pieces and move them to the basement. If the space is unfinished, keep items off the floor (and ideally in garment bags or boxes), and place nearby a moisture absorber (like Damp-Rid, nontoxic pellets that trap humidity). Make things accessible on a clothing rack or in a wardrobe (Pax wardrobe, \$275, ikea.com). You can add a mirror, a bench, and a rug to create a dressing area. Twice a year, give the closet and the basement a once-over and make needed swaps.



GOT A QUESTION?
Submit it at realsimple.com/organizing.



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ROAD TEST

MIXERS

Real Simple's food editors gave 15 "hand" and "stand" contenders a whirl. These beat—then whipped and kneaded—the competition.

THE GUIDE
home

Written by
Heath Goldman
Photographs by
Danny Kim

ROAD TEST



1 BEST BARGAIN

Black+Decker Easy Storage Hand Mixer

A simple lever controls this six-speed workhorse. The slim wire beaters quickly combine cookie dough, chips and all, without trapping clumps. Tuck them next to the machine in the case after use.

TO BUY: \$25, amazon.com.

2 BEST INVESTMENT

KitchenAid 9-Speed Hand Mixer

Quiet and sturdy, this pick whips egg whites in a jiffy but is also gentle enough, on the lowest speed, to stir flour without spraying it (as others do). Attachments store in a handy canvas bag.

TO BUY: \$110, kitchenaid.com.

3 BEST BARGAIN

Hamilton Beach 6-Speed Stand Mixer

Powerful but light enough to move without grunting, this winner has skidproof suction-cup feet. (Some rival machines wobbled.) Great for making cupcakes without blowing your budget.

TO BUY: \$130, amazon.com.

4 BEST INVESTMENT

KitchenAid Artisan Series 5-Quart Tilt-Head Stand Mixer

Large paddles make beating butter and sugar a cakewalk, and the dough hook quickly churns pizza dough into a supple mass. Bonus: It comes in more than 30 colors.

TO BUY: \$430, kitchenaid.com.

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My friends are always amazed when they find out that La-Z-Boy doesn't stop at recliners. Once I tell them, they can't get there fast enough to shop for sofas, sectionals and loveseats. Trust me, it's worth taking another look at all the comfortable, great-looking furniture La-Z-Boy offers. Any more questions?

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VS.

ALMONDS

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VS.

ONE LARGE EGG

6g

VS.

PEANUT BUTTER

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Try a blend of silken tofu, orange juice, strawberries, banana, and honey to kick-start your morning.
- 2 For a midday flavor boost,**
wrap a slice of turkey breast around a **Sargento® Sharp Cheddar Cheese** stick and a thin piece of apple.
- 3 Add nutrients to your evening meal** by including protein-packed sides like quinoa with toasted pine nuts or Italian three-bean salad.



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Learn more about wholesome snacking at Sargento.com/snacks

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ANSWERS TO YOUR HAIREST PET QUESTIONS

Q.

yelp help

How do we put a stop to the incessant barking of our three-year-old boxer-Pekingese mix?

B. D., via Facebook

A. Continuous barking can arise from three common causes, each with its own fix, says veterinary behaviorist Nicholas Dodman. If it stops when you pet your dog or give him a treat, he's barking for attention, and your best bet is to ignore it. Don't look at him, talk to him, or pet him while it's happening. Handle it the same way each time, and within three (long) weeks it should subside. Another possibility: Your dog is telling you that he sees or hears something outside (a garbage collector, a runner). To calm him, let him know that you're aware of it, too. Each time, pet him and

say, "I see what you're barking at. Good boy!" He'll stop feeling the need to alert you. Last, if he's barking only when you're not home, he may have separation anxiety. To minimize this, tire him out with a 30-minute run or walk before you leave and set out puzzler toys to occupy him, says Dodman, whose top pick is the Kong treat-dispensing toy (\$7, petmart.com). "Fill it with peanut butter and freeze it. It will take him a half hour to work it out," says Dodman.

OUR PET EXPERTS

MIKKEL BECKER,
vetstreet.com,
Lynwood,
Washington.

NICHOLAS DODMAN,
B.V.M.S., D.A.C.V.B.,
the Cummings
School of Veterinary
Medicine at
Tufts University,
North Grafton,
Massachusetts.

CHANDLER D. FRITZ,
D.V.M., the VCA
Sterling Animal
Hospital, Sterling,
Massachusetts.

Q.

game strategy

What are the best toys to put in my guinea pig's cage to keep him occupied?

B. M., via Twitter

A. Guinea pigs have a natural desire to explore, so the best playthings give them something to find or allow them to hide, says animal trainer Mikkil Becker. Place hay and food pellets in a small toy for him to discover (like the Ecotrition Snak Shak Treat Stuffer, \$6, amazon.com). Or give him a fun hideout: an igloo, a mini tent, or a tunnel (Super Pet Crinkle Tunnel, \$15, amazon.com). Some hiding toys can also give his teeth a workout (like the Haystack Chewable Animal Hideaway, \$17, petco.com). Every few weeks, rotate the toys in and out to keep him from losing interest.

Q.

driving dilemma

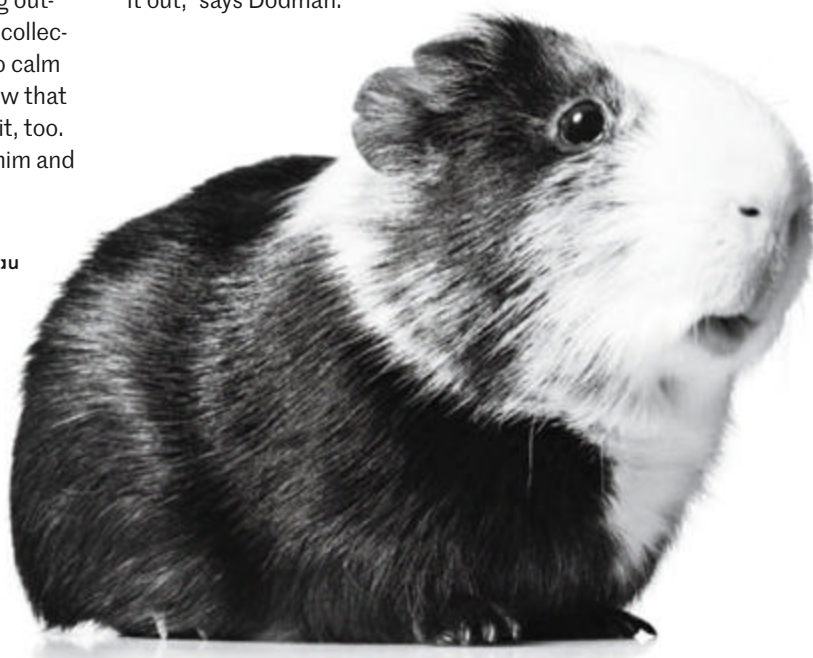
My two-year-old corgi gets major anxiety during car rides. Any tips to keep him calm?

S. F., via Facebook

A. For a dog, a car trip often leads to an unpleasant place—the vet, the groomer—and the anticipation of that may be what is putting your corgi on edge, says veterinarian Chandler D. Fritz. Ease his fear by regularly bringing him along on other, nonstressful outings (the park, the dry cleaner). Calmly lift him and place him in the car, then give him a treat.

"It may help to keep a few toys in his carrier and play music created to soothe canines, like *Through a Dog's Ear* [\$15, throughadogsear.com]," says Becker. To cover all bases, bring the problem up at your next vet visit.

"It's possible the issue is motion sickness," says Becker, "which can require medication."



Written by
Jessica Fecteau

Photograph by
Jamie Chung

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hubcaps, here
is a top-to-bottom,
inside-and-out
cleaning instructional.

Written by Stephanie Sisco
Photograph by Adam Voorhes

THE GUIDE
home



FIRST CLEAN THE INTERIOR.

1
TOSS ALL TRASH. Remove any items that don't belong in the car.

2
TACKLE THE FLOOR MATS AND THE TRICKY SPOTS. Slap the mats together to remove dirt, then lay them on the driveway. Vacuum using a wet-dry vac that has a blower feature (like Shop-Vac 10-gallon wet-dry vacuum). With the hose connected to the exhaust port, blow debris out of the space between the seat and the center console. Return the hose to its original spot (for the next step).

3
DUST CRACKS AND CREVICES. Rub a clean toothbrush along the dashboard and the door panels to unearth debris. Follow with the vacuum hose to suck it up.



AUTO UPKEEP
Now that it sparkles, keep it running smoothly. Find a checklist at realsimple.com/carcare.

Wash your car early in the morning or in the evening, or choose a shady spot. Direct sunlight and high heat can lead to streaks.

4
VACUUM THE FLOOR AND THE UPHOLSTERY. Move the front seats all the way forward to reach the area under them from the backseat. Move the seats back and vacuum the floor in front. Finally, recline the seats to get as far into the crevices as possible to retrieve any lingering dirt.



5
WIPE DOWN THE DASHBOARD using a damp microfiber cloth. Move on to the middle console, gearshift, steering wheel, door handles, cupholders, and seats. Apply an auto-specific cleaner (like ACDelco's) with a new cloth, skipping the seats unless they are leather.

6
CLEAN THE SEAT BELTS. Dip a cotton cloth into a cup of warm water with a few drops of laundry detergent; wipe.

7
DEGRIME THE WINDOWS (and the sunroof, if you have

one), starting with the interior. Apply a foam cleanser (like Invisible Glass), which doesn't drip like a liquid formula, and wipe with a microfiber cloth. Work in an S-motion horizontally, then use a vertical S-motion on the exterior. This way, you will be able to see which side has streaks (if any) and needs another pass. Roll down the windows a bit and swipe the top edges, too.

8
REPLACE THE FLOOR MATS. Then make sure that all the doors and windows are closed!

THEN TACKLE THE EXTERIOR.

9
HOSE DOWN THE ENTIRE CAR, paying special attention to the tires (and the panels behind them), where debris and brake dust collect.

10
START THE SCRUB-DOWN. Fill two large two-gallon buckets with water. To one, add a few squirts of an auto-specific soap (like Meguiar's). With a car-wash mitt or a sponge,



Illustrations by
La Tigre



apply soapy water liberally over the exterior, rinsing the mitt periodically in the bucket of plain water to avoid scratching the finish with clinging debris. Wash in this order, hosing off after each: roof, hood, and rear, upper portion of each side, lower portion of each side.

11
CLEAN THE TIRES (rubber portion) and wheels (metal or coated alloy rims) using a second mitt or sponge. You may need a wheel brush to reach smaller spots.

12
THOROUGHLY RINSE THE CAR using the hose. Dry immediately with a chamois or cotton cloth, working in a circular motion from high to low. This way, as the drips move down, they won't rewet the area you just dried.

13
WAX ON, WAX OFF. When the car is fully dry, add a shiny, protective layer: Use a cloth to apply wax (like Turtle Wax Ice Liquid Wax) according to the directions. One coat lasts about three months.

14
IF THE HEADLIGHTS HAVE DULLED or yellowed, revive them using a kit that sands and polishes the lens* (like 3M Quick Headlight Renewal).

15
NOW HIT THE BRAKES (ha). You're done!



THE ESSENTIALS

- Shop-Vac 10-gallon wet-dry vacuum (\$122, shopvacstore.com; or rent from a hardware store)
- Clean toothbrush
- ACDelco Leather, Vinyl, and Plastic Cleaner (\$8, amazon.com)
- Cotton cloths
- Laundry detergent
- Microfiber cloths
- Invisible Glass glass cleaner (\$4, lowes.com)
- Hose
- 2 two-gallon buckets
- Meguiar's Deep Crystal Car Wash soap (\$3.50, walmart.com)
- 2 car-washing mitts
- Auto Drive wheel brush (\$4.50, walmart.com)
- The Absorber synthetic drying chamois (\$16, amazon.com)
- Turtle Wax Ice Liquid Wax (\$18, turtlewax.com)
- 3M Quick Headlight Renewal (\$7, shop.advanceautoparts.com)

THE EXPERTS

- Carl Howard, COO of Autobell Car Wash, Inc.
- Beth Grotz and Catherine Cullins of the Chevrolet Customer Care Team
- Tom McNulty, men's house-keeping expert and author of *Clean Like a Man*
- Sally Schultz, technical service engineer, and Todd Mathes, technical service specialist, for 3M

*Restoration kits can cause damage to a car's paint, so use with care or consult a professional.

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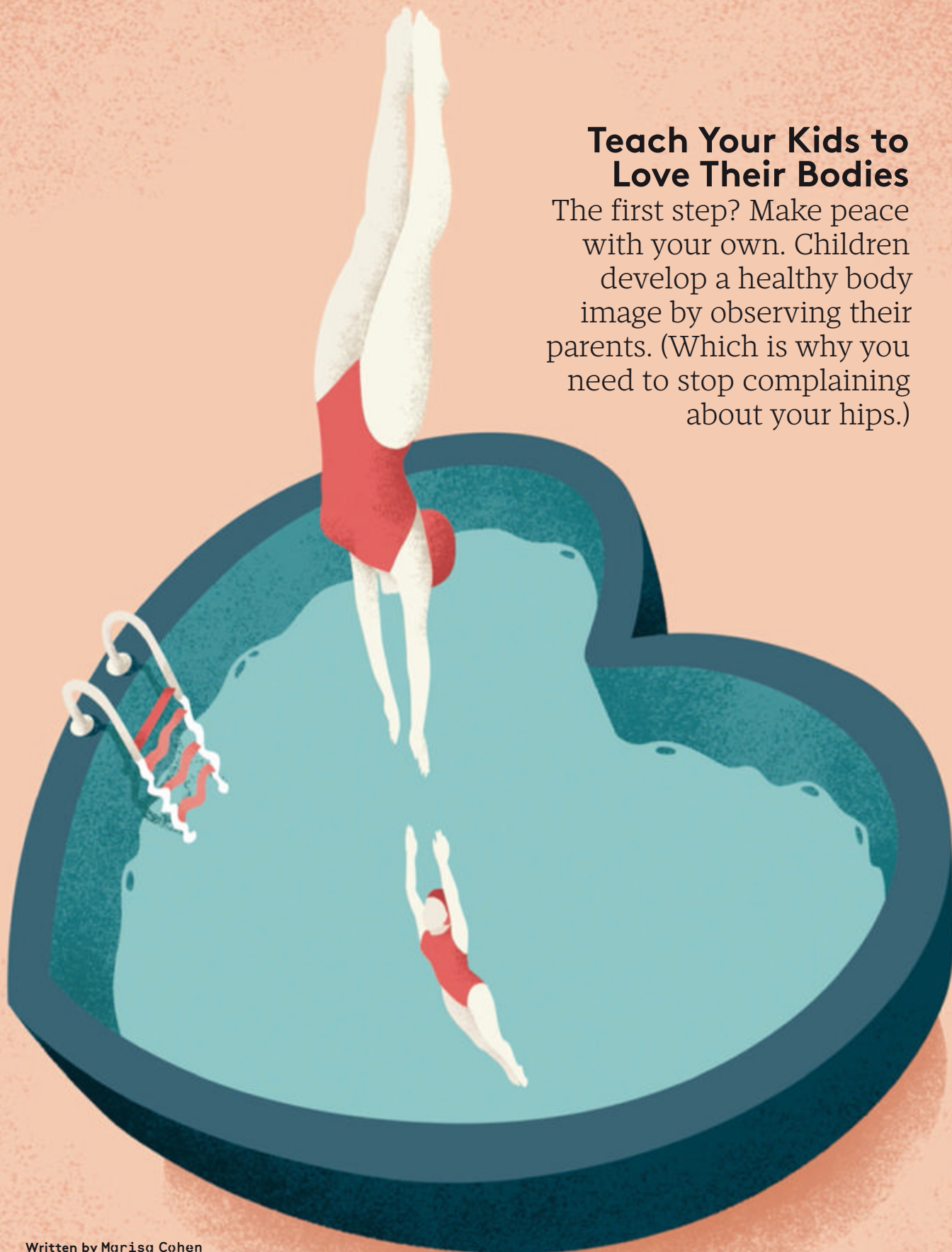
tide.com/he

*Based on co-marketing agreements.



Teach Your Kids to Love Their Bodies

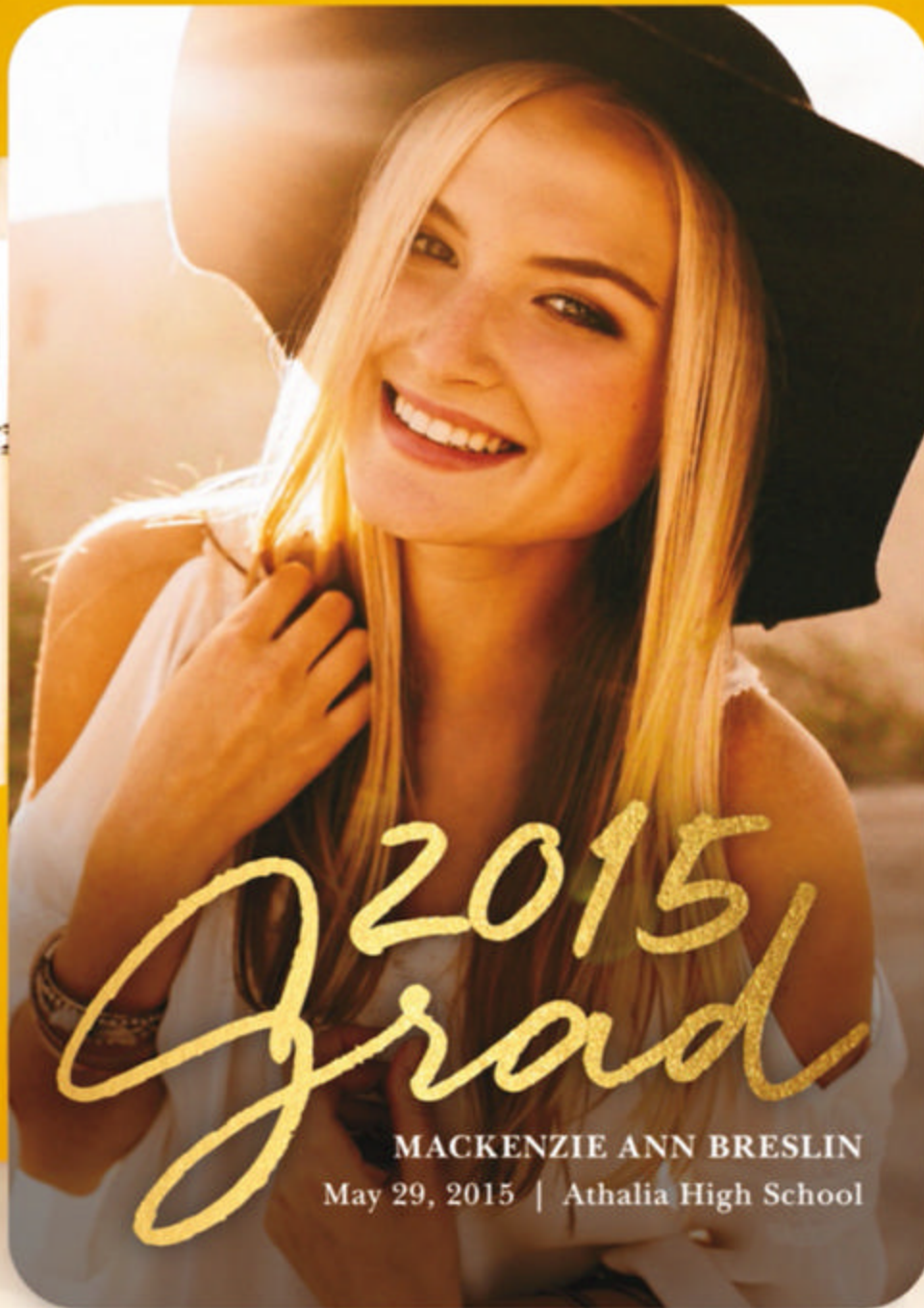
The first step? Make peace with your own. Children develop a healthy body image by observing their parents. (Which is why you need to stop complaining about your hips.)



Written by Marisa Cohen
Illustrations by Andrea De Santis

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"YOU'RE SO LUCKY—

you have Dad's long, slim legs and not my chunky thighs!" Who hasn't said something similar to her kids? Or murmured about cellulite as she dug into a slice of pie? Your children may roll their eyes or ignore you, but they *are* listening. And what you say about your own body—even if you would never think of criticizing theirs—has a surprisingly powerful impact on how they see themselves.

Researchers have long known that when parents tease a child about gaining weight or push her to diet, it can have serious consequences and could even lead to eating disorders or depression. But recently they've turned their attention to *indirect* influence, also known as modeling, which sends just as clear a message about what's an "acceptable" body type. A 2012 study published in the journal *Body Image* found that when parents do things like constantly talking about calories and carbs at dinner or fretting over how fat they look in jeans, their kids are more likely to be dissatisfied with their own bodies, no matter what their weight or size. "Modeling has a strong influence on a child's behaviors and beliefs," says psychologist and study coauthor Brian Fisak, Ph.D. "Although modeling can come from a number of sources, parents may be the most influential, especially in preschool and elementary school."

That's the good news. You are a powerful influence—maybe even more so than Elsa or Taylor Swift! "We're the ones teaching our daughters what it means to be an adult woman," says Charlotte Markey, Ph.D., a professor of psychology at Rutgers University, in Camden, New Jersey, and the author of *Smart People Don't Diet*. Here's the catch, though: "The message you're giving them

when you complain about your body is that there is a very high bar to be considered perfect," says Markey.

And, dads, you're not off the hook. One 2013 study at the University of Minnesota found that even in families with normal-weight kids, about a third of both mothers *and* fathers frequently discussed weight and dieting. The teens whose dads chimed in were much more likely to form unhealthy habits, such as binge-eating, than were those whose dads were silent. "For many girls, Dad is the most influential male in their lives. If he seems overly concerned with how people look—even joking with mom about her weight—that can have a detrimental effect on how a girl thinks about her body," says Ann Kearney-Cooke, Ph.D., a psychologist at the Cincinnati Psychotherapy Institute.


If you've struggled all your life with weight issues, it's not easy to magically improve your inner or outer dialogue, even for the sake of your kids. Here are some easy ways to begin. And know this: Changing the conversation benefits you, too. A 2010 University of Tennessee study found that married women who see themselves as attractive, no matter their size, have sex more often and have more satisfying relationships. Time to start feeling the love.

WHEN THEY'RE LITTLE

The years of dimpled knees and round baby bellies may not seem like a crucial time, but according to the National Eating Disorders Association, girls start being aware of dieting and body types by first grade, and about 50 percent of all girls between 6 and 12 say that



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they're worried about their weight or becoming too fat. Here's how to start setting the right tone.

Fake it at first. Even if you have long-standing issues that feel like old friends (hello, saggy breasts), try not to share them. "If you look in the mirror and think, *I look like a beached whale in this outfit!*, don't say it out loud, and don't make a face," says blogger Dara Chadwick, the author of *You'd Be So Pretty If...* Your child can't read your mind, and if you can catch yourself before the negativity slips out, you're a step ahead. "My mom was very self-deprecating," says Chadwick. "When we'd go into a store, she'd say, 'Just point me toward the tents!' As I got older and started to look more like her, I was very aware that my body wasn't good enough."

Give yourself a daily compliment. Your kid thinks you're awesome; agree with her. It's important for your child to hear you say positive things about yourself that are unrelated to looks or weight. Even more important, says Leslie Sim,

Ph.D., the clinical director of the eating-disorders program at the Mayo Clinic in Rochester, Minnesota, is that you struggle with things and persist when life isn't perfect. ("I had a bad day, but I didn't let it ruin my week.") Encountering difficulty, whether in a crossword puzzle or a CrossFit workout, and putting in the effort to finish, whatever the outcome, is empowering for you and your kids.

And accept other people's compliments with grace. When a friend says, "You look great" and you respond with "Ugh, are you kidding? I feel so bloated," you're sending the message that no matter what anyone else says, you can never be satisfied with your own looks. "By

deflecting compliments, you teach that the proper response is self-criticism instead of self-acceptance," says Markey. A simple and gracious "thank you," without any qualifiers, can work wonders.

Never say "fat." Or "chubby," "chunky," or "flabby." And while you're at it, strike out "diet," "calories," and "carbs." Besides boring everyone at the dinner table to tears, constantly discussing good and bad carbs or whether chicken fingers are allowed on the paleo diet will probably backfire, leading to less healthy eating habits, says the research from the University of Minnesota. There shouldn't be much talk about the food at all during the meal, other than how delicious it is. That doesn't



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1 teaspoon chili powder
3/4 teaspoon salt
1/4 teaspoon pepper
2 cups coarsely chopped spinach
2 teaspoons olive oil
3-5 eggs
1 tomato, chopped
2 green onions, chopped
3/4 cup shredded Cheddar cheese

Heat large skillet over med-high heat and brown ground beef. When fully cooked, add potatoes, chiles and spices. Cook 10 minutes or until potatoes are tender, stirring occasionally. Add spinach and cook 1-2 minutes or until spinach is wilted. Remove from skillet. Add olive oil to skillet and, once it is hot, add eggs. Fry until whites are set. Top the hash with cheese, tomato and green onion, and top each serving with a fried egg.

Recipe courtesy of MaybeMatilda.com

mean you can never try out a new diet. Just don't make a big deal about it, and don't tie it to weight loss, says Markey. If your child notices that you're not putting any pasta on your plate, say, "I'm trying some different foods that will give me energy to do things I love, like playing tennis."

Rethink how you talk about others. Kids aren't blind. They notice a variety of body types, just as they'll notice a range of skin colors, and you should treat these differences in a similarly respectful way: "You're right. People come in all shapes and sizes. It makes the world an interesting place." When you run into an old friend you haven't seen in a while or spot a new actress on your favorite TV show, avoid the tempta-

tion to comment on her weight. "If your child hears you making comments about a person's size, she assumes that everyone says those things, and the next leap of logic is that people are making those judgments about her," says Sim. Talk instead about the things that you want your child to value: "It was great to see Jennifer today. She's a really good listener."

Get in the pool, no matter how awkward you feel in a swimsuit. Holding yourself back from doing things you enjoy because you don't like your body can have a huge impact on kids, says Markey. Your children are watching you. Don't skip the fun stuff just because you don't look "perfect."

YOUR FITTING-ROOM TALKING POINTS

Stepping into a dressing room with your daughter can feel like entering a war zone. Choose your words carefully.

INSTEAD OF... "That size 4 is too tight on you." **SAY...** "Every company cuts their clothes differently. Ignore the size. Let's find one that feels comfortable on you."

INSTEAD OF... "You're lucky you can wear a miniskirt. I'd look like an elephant in that." **SAY...** "That's adorable on you. Enjoy it! Soon enough you'll be stuck with business casual."

INSTEAD OF... "Really? Skinny jeans?" **SAY...** Nothing. "She wants to wear what her friends wear, even if it's not the most flattering," says blogger Dara Chadwick. "As long as it's not inappropriate, let her."

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WHEN THEY'RE TEENS

You can carefully lay the groundwork for your child to have a positive relationship with her body—and then come the teen years. Friends' opinions (and Taylor Swift) *totally* trump you now. Plus, her body is changing in ways that can crack her confidence. ("Some girls going through puberty tend to gain weight first in their middles," says Kearney-Cooke.) You'll need to shift gears slightly—it's more about her talk and behavior, a little less about yours.

Don't blow her off. When your daughter does open up about hating her belly, don't say, "Oh stop, you're still so thin." Listen with sympathy. "Explain how her body will continue changing for a few more years, but it will probably all settle in by 17 or 18," says Kearney-Cooke. If you notice that she's skipping meals or spending an excessive amount of time in front of the mirror (examining her waistline rather than pretending to have bangs), talk to your pediatrician and check out information on recognizing eating disorders, such as that at FEAST-ed.org.

Watch out for your boys, too. They aren't immune to body insecurities, although it's rarely about being thinner. "Boys want that V-shape, with muscular shoulders and a slim waist," says Kearney-Cooke, who says she is seeing more and more boys in her practice. A 2014 Harvard Medical School study found that boys who think that they're too skinny, even when they're a normal weight, are at an even greater risk for depression than boys who think they're too heavy. And because there's a stereotype that these are girl issues, boys are less likely to talk to their parents. Pay attention to how much he works out, and avoid teasing a slight kid about "bulking up."

Defuse hurtful words. Because appearance is such an explosive issue at this age, it becomes an easy weapon. When a kid in her class hurls out "thunder thighs" (that old gem), acknowledge that your child is hurt and upset. (See left, "Don't blow her off.") Then offer reassurance, says Markey: "You're beautiful! I love you just the way you are. Just ignore them." If she's stuck on it (*My thighs are fat!*), ask what you can do together to make her feel better. "Make sure she has clothes that fit and that she feels good in. Help her find an activity that she loves. If she's new to it and worried about looking silly, get lessons," says Chadwick.

Limit the selfies. The teen years were hard enough before the scrutiny that comes with Instagram, Facebook, and Snapchat. A recent psychological study conducted at American University, in Washington, D.C., found that the more time adolescent girls spent looking at photos of friends on Facebook, the worse they felt about their own bodies. Encourage your child to post pictures of artwork that she made or links to her favorite songs instead of endless posed shots, says Evelyn Meier, a coauthor of the study. Be a good example: Limit your own time (and selfies) on social media, too.

Watch TV with her, as painful as it can be to sit through hours of *Jessie*. Shows give you natural opportunities to talk about the pressure to look perfect, says Markey. Point out how much work the actors have to do behind the scenes to maintain those TV-ready looks or how the cast bears little resemblance to real-life people. "Kids are bombarded from all sides about how they're not perfect—ads on TV for diet shakes and push-up bras," says Markey. "You can counteract that by teaching an acceptance of all kinds of bodies." Even (*ahem*, especially) your own.

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Written by Rebecca Daly
Photographs by Ryan Pfluger

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THE PLANK

What it is

Meet the sit-up's smarter sibling. Less than 10 minutes of planking a few times a week flattens abdominals more effectively than a thousand crunches can, says Gera-lyn Coopersmith, the global director of performance and fitness training for Nike. It's also a

test of muscle control. Once you're in a plank, you shouldn't shift an inch. The plank is the key to both a whittled middle and a pain-free back. That's because "strong abs keep your spine supported," says Cooper-smith. "Think of it as midsection multitasking."

BODY CHECK

- ① Press your palms firmly into the floor and stretch your shoulders until they are as far apart as possible, keeping your neck long. Your arms should feel comfortable—not as if they're about to give out.
- ② The plank may target the abs, but your legs should feel a little burn, too. If they don't, push back through your heels and push the balls of your feet into the floor, tighten your quadriceps (thighs), and squeeze your gluteals together to activate the muscles in your lower body.
- ③ While we're on the topic of glutes, keep that derriere nice and low—not lifted toward the sky. Your body should look

like a straight line, not a triangle.

④ Just because you're challenging your muscles to sustain contraction doesn't mean that your lungs should stop moving. Remember to rhythmically inhale and exhale over and over again.

⑤ To ensure proper alignment, imagine a glass of water balancing on your lower back or a ball rolling from the nape of your neck down to your heels without getting stuck in a sunken valley (meaning your collapsed lower back) along the way.



Muscles trained

Abdominals, shoulders, triceps.

THE GUIDE
health



Written by Kimberly Dawn Neumann
Photograph by Henry Leutwyler

The routine

PRESS your hands and knees to the floor, with your wrists aligned directly under your shoulders and your back flat. Gaze about one foot in front of you. Your nose should point toward the

floor and the back of your neck should be parallel with the ceiling.

EXTEND your right leg back, with toes flexed, then bring your left leg to join it. The weight of your body should now be fully

supported by your hands and toes.

TIGHTEN your entire midsection, as if you're bracing for a sock to the gut. Hang on to that feeling for 20 to 60 seconds.

REST. Bring your knees to the floor, then sit back on your heels, keeping your big toes touching and your knees apart. Let your torso rest on the tops of your thighs, with your forehead lightly touching the ground. Your arms

should be stretched out in front of you, straight but comfortable. (This is known as child's pose in yoga.)

REPEAT. Do a total of three planks. As the move gets easier, try holding for them for longer than a minute.

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THE GUIDE
health

Menopause: a survival guide

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Here's how to
manage the process
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and health—intact.

Written by
Sally Wadyka
Illustrations by
Gracia Lam

it's

called “the change” for a reason. Not only does menopause signal the end of your reproductive life but it can also come with a whole host of side effects, which range from annoying (think sweat-soaked hot flashes and vaginal dryness) to serious (like an increased risk of osteoporosis and, in some women, depression). And that’s just the hormonal issues. “Menopausal women are often dealing with kids going off to college—or, worse, coming home after! They may be caring for

their aging parents and trying to cope with pressure at work, too,” says Mary Jane Minkin, M.D., a certified menopause clinician and a professor of obstetrics, gynecology, and reproductive sciences at the Yale School of Medicine. Those stressors can turn even mild menopause symptoms into crazy-makers.

If you’re about to go through the big shift, or if you’re already in the middle of it, you can bemoan the end of your fertility and declare yourself all washed up. But why not celebrate freedom from birth control, tampons, and PMS and embrace your next act instead? Here’s what to expect—and the smart solutions that can help you feel your best.

WHAT’S GOING ON WITH YOUR HORMONES?

You know the basics: You’re born with all the eggs you’ll ever have, and when your ovaries run out (usually around age 50), you stop ovulating and getting menstrual periods—in other words, you go through menopause.

That’s not to say it’s a straightforward process. For most women, menopause and the period leading up to it, called perimenopause, is a time of hormonal flux. “It’s like the Dow Jones Industrial Average in September 2008, right before the crash,” says Minkin. “The overall trend is downward, but it’s not a smooth, nicely defined line.”

After an egg is released from your ovary, the ruptured follicle changes into a structure called the corpus luteum, which secretes estrogen and progesterone. During perimenopause, declining egg production can make hormone secretion erratic: Your periods may become heavier or lighter, more or less frequent; you may have blood clots, too. “One day estrogen is low and you’re having hot flashes, the next your ovary sends out lots of estrogen and you have sore breasts,” says Minkin.

Perimenopause can last anywhere from a few months to five years. You aren’t officially menopausal until you’ve gone a full year without a menstrual period. For most women, the majority of the symptoms peak during perimenopause and the year following their final period. It’s still possible to get pregnant right up until that last period. Any time your ovaries decide to shoot out an egg, it has the potential to get fertilized. “I’ve delivered three 47-year-olds with ‘oops’ pregnancies,” says Minkin.

WHEN MENOPAUSE STRIKES (AND WHY)

The average age at menopause is 51, but some women will experience an ovarian shutdown by 40, while others keep pumping out eggs into their late 50s. “The best predictor is family history,” says Minkin, so knowing when your mom, aunts, or sisters experienced menopause will give you a good indication of when you will, too. Early menopause can be caused by smoking, chemotherapy, surgical removal of the ovaries, or, in some cases, exposure to chemical pollutants, like pesticides. A new study published in *PLOS ONE*, the Public Library of Science journal, found that women who had high blood and urine levels of certain chemicals (including PCBs, phthalates, and pesticides) experienced menopause two to four years earlier than did those with lower levels.

Both early and late menopause pose potential health risks. Estrogen shields against heart disease, bone loss, and dementia, so women who stop producing it at a younger age may be at a higher risk for those conditions—and conversely, those who go into menopause later may be more protected from them. But estrogen is also associated with breast cancer, which means that going through menopause later could increase the risk of that disease.

Since there’s no avoiding the hormonal upheaval that comes with menopause, it’s the rare woman who makes it through without at least a few side effects. But research shows that there are plenty of ways to get relief, and many don’t require a prescription.



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YOUR BODY ON MENOPAUSE

TEMPERATURE TROUBLES: Doctors say that hot flashes and night sweats are the biggest complaint they hear from perimenopausal and menopausal women—not surprising, since 75 percent of women experience them. It's not clear exactly what causes hot flashes, but it's believed that hormonal changes make the brain's "thermostat" more sensitive to perceived changes in temperature, causing it to overcompensate with a surge of heat, says Margery L. Gass, M.D., the executive director of the North American Menopause Society.

To keep your cool, keep breathing. A recent Mayo Clinic study found that menopausal women who practiced paced breathing (taking six deep breaths a minute for 15 minutes) twice a day saw a 52 percent reduction in hot flashes. Researchers think that relaxation through deep breathing may improve the brain's ability to regulate temperature. Cognitive behavioral therapy, which helps identify and shift negative, distorted thoughts to change behavior and positively influence mood, has also been proven to reduce the frequency and length of hot flashes, because it helps you cope with triggers like stress.

Eating more soy may improve hot flashes, but recent research suggests that's true only if your body produces the soy metabolite equol. And many women, especially those of European descent, do not. Research is divided on whether herbal supplements like black cohosh and licorice

extract work, and many experts, including Gass, are doubtful that they provide benefits.

If you're suffering severe or constant heat waves, your doctor may recommend Brisdelle, the first non-hormonal prescription drug approved by the U.S. Food and Drug Administration (FDA) to treat hot flashes. It contains the selective serotonin reuptake inhibitor (SSRI) paroxetine (which is marketed for depression and anxiety at much higher doses under the name Paxil). "The lower dose isn't linked to weight gain or sexual dysfunction, and it affects the way the neurotransmitters in the brain work on your internal thermostat," says Holly Thacker, M.D., the director of the Cleveland Clinic Center for Specialized Women's Health and the author of *The Cleveland Clinic Guide to Menopause*.

VAGINAL DRYNESS: Lower estrogen leads to less natural lubrication in the vaginal tissues. You can use an over-the-counter lubricant if the dryness is an issue only during intercourse, but a longer-acting over-the-counter vaginal moisturizer (like Replens) is a better solution if you're dealing with daily discomfort. Or opt for a prescription estrogen cream, vaginal suppository, or vaginal ring. All three deliver low doses of estrogen directly to the vagina without raising estrogen levels throughout the body, which means side effects and risks are minimal. Bear in mind that dryness makes it easier for bacteria to travel to the urinary tract, so bringing back moisture also reduces the risk of painful urinary-tract infections.

BONE LOSS: The National Osteoporosis Foundation says that women can lose up to 20 percent of their bone density during the five to seven years following their last period—and again reduced estrogen



seems to be the culprit. To keep your bones strong, load up on calcium and vitamin D—whether through dietary sources, like dairy products, leafy greens, and salmon, or through supplements. (The current recommendations for postmenopausal women ages 50 and older are 1,200 milligrams of calcium and 800 to 1,000 international units of vitamin D daily.) Make a point to do regular weight-bearing and muscle-strengthening exercise, like jogging, jumping jacks, and lifting weights a few times a week, since stressing bones spurs them to strengthen and also build new muscle mass.

WEIGHT GAIN: Estrogen influences where your body stores fat, so when its level wanes, you may notice extra inches around your midsection. To minimize weight gain, step up your exercise intensity and eat healthfully—especially foods like salmon, nuts, and avocados. The healthy monounsaturated and polyunsaturated

52%

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rated fats they contain are linked to a reduction in stubborn belly fat. Need extra incentive to fight back? A 2014 study published in the journal *Menopause* found that losing weight decreased the number of hot flashes women experience.

THINNING HAIR: When estrogen levels are high (as they are during pregnancy), your locks are at their fullest. But when those levels drop during menopause, hair follicles go into the resting phase, which can cause hair to thin and fall out. Topical minoxidil (like Rogaine for Women) can minimize loss by reactivating the hair follicles and stimulating regrowth.

SKIN PROBLEMS: Shifting hormones can bring on an unfortunate trifecta of dry skin, wrinkles, and pimples, says Doris Day, M.D., a clinical associate professor of dermatology at the New York University Langone Medical Center, in New York City. To tackle breakouts, look for a low-concentration benzoyl peroxide wash (2 to 5 percent) instead of the harsher benzoyl peroxide leave-on gel you used as a teen. Day also recommends topical Clindamycin lotion or Renova (which contains Retin-A in a moisturizing base), which can eliminate acne while preventing and treating wrinkles. During menopause, sebaceous glands slow down oil production, leaving skin visibly drier. Day suggests looking for a moisturizer containing hyaluronic acid. "It's a humectant that pulls water into the skin and holds it there," she says.

YOUR BRAIN ON MENOPAUSE

SLEEP WOES: Can't fall asleep or stay that way? The reason might be night sweats, which sometimes accompany hormonal changes around menopause, or it might be

sleep issues that started prior to menopause. "Our research shows that most women who had sleep issues before experience problems through menopause and beyond," says Ellen Freeman, Ph.D., a research professor of obstetrics and gynecology at the University of Pennsylvania.

As for heat surges, Minkin suggests minimizing discomfort by keeping the bedroom cool and using a dual-control heated blanket so you can stay cool while your partner stays warm. Also, place a clean nightgown next to the bed so you can quickly change if you wake up drenched.

BRAIN FOG: No, you're not losing your mind—you're losing your estrogen. "There's a clear connection between estrogen and cognition. Dropping hormone levels can contribute to an unfocused feeling," says Cynthia R. Green, Ph.D., the CEO of Total Brain Health, a company that provides memory-improvement lectures and training.



HORMONE THERAPY: A FULL BODY FIX?

If diminishing hormones are to blame for menopausal symptoms, then it stands to reason that replacing them would help you feel like your younger self. That's why hormone replacement therapy (HRT) was the go-to menopause treatment—until 2002, when the Women's Health Initiative study reported that HRT increased the risk of breast cancer and heart disease. Almost immediately, the number of women using HRT dropped nearly in half. But experts now know that younger women who don't have contraindications (like a history of breast cancer) are at a lower risk for problems if they use hormone therapy (HT), as it's now commonly called, for a set period of time. That's why many doctors recommend using hormones during perimenopause, at the start of menopause, or when symptoms are severe.

HT can be delivered in an oral medication or via the skin with a patch, a gel, or a spray. If you still have a uterus, you'll need estrogen and progesterone; if you've had a hysterectomy, you'll take estrogen alone. Perimenopausal women may opt to use an oral contraceptive instead, provided that they don't smoke. An oral contraceptive can minimize hot flashes, heavy bleeding, and clotting while preventing pregnancy. However, most women switch from an oral contraceptive to HT in their early 50s.

Many experts, as well as the North American Menopause Society, advise steering clear of *compounded bio-identical hormones*. The term is usually shorthand for custom-compounded hormone preparations—that is, specific amounts of hormones prescribed by a doctor and mixed by a pharmacist. "They are neither tested nor monitored for safety. You may be getting too little or too much medication," warns gynecologist Margery L. Gass. If you use HT, do so for no more than five years unless your doctor says it's OK. The older you are and the longer you use it, the higher the risks may become.



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Being busy or overwhelmed can cause your memory and attention span to suffer, says Green, so say no more often—and mean it. In addition to eating well, getting enough shut-eye, and exercising regularly, drink lots of water. Research shows that even mild dehydration reduces women's ability to concentrate. Green also recommends doing games against the clock, like Elevate, Fit Brains Trainer, and Luminosity Brain Trainer, which can improve memory and hone focus. Meanwhile, hang in there: The fog will lift as your hormones settle down.

SAPPED SEX DRIVE: Vaginal dryness can make intercourse unpleasant. (Again, lube works wonders.) And hot flashes and moodiness can make you feel less than sexy. Women's levels of libido-revving testosterone also plummet in midlife. "There's no FDA-approved testosterone for women—the guy stuff is too strong—but doctors sometimes [prescribe it] at low doses for women, and it does increase sexual desire," says Minkin. Even so, she stresses that hormones are only part of the picture. Squashing stress and spicing things up to beat boredom can improve your relationship and sexual self-image.

THE BLUES: "The risk of depression is greater during menopause, especially for women who have experienced depression in the past," says Sheryl M. Green, Ph.D., an assistant professor in the department of psychiatry and behavioral neurosciences at McMaster University, in Hamilton, Ontario. Fluctuating hormones are the probable culprit, since they influence an area of the brain that's responsible for keeping mood stable. Night sweats may play a role, since poor-quality sleep may significantly contribute to depression. If you're down in the dumps for a couple of weeks, talk to your doctor or a psychologist. Research has shown that antidepressants, talk therapy, and exercise all improve mood.

THE CARE AND FEEDING OF THE MENOPAUSAL WOMAN IN YOUR LIFE

BY ANNABELLE GURWITCH

The care and feeding of the menopausal woman in your life can be a little like white-water rafting: We are an incredibly exciting group to run with, but if you're not careful, you'll be swimming upstream in a fast current or sucked into a swirling vortex. Here are a few things to keep in mind.

- Planning any get-together that includes food can be tricky if you're dealing with someone who has just discovered that eating a cashew can cause a change in pant size. If you're at a restaurant, you may experience the horror of witnessing the first time your hormonally challenged friend eyes a menu, brow furrowed, as if she's trying to crack the Enigma code and has to ask to borrow the restaurant's "readers."
- Instead of indulging, why not suggest catching up on a hike? Nothing too strenuous—maybe a short trek up Mount Kilimanjaro, which for a woman of a certain age is a great way to work off a cucumber salad.
- If you're purchasing a gift for a friend just entering menopause, skip the scarf. The scarf is the gateway garment to the turtleneck, and your friend might think you're sending the message that she's getting a gobbler. Someone very considerately just gave me a key chain that barks when you clap for it. Considering that I've been misplacing my keys five times a day since turning 40, I would like to take out stock in this company. It should be noted that if you're buying for someone over 50, go ahead and send those scarves. Having simplified my

wardrobe to the point where I basically leave my house looking like a plain-clothes detective, I rely on scarves to add a dash of color and flair.

- There's that schoolhouse saying "Sticks and stones might break my bones, but names can never harm me." Remember that? As someone who recently broke her ankle on the tennis court, I think I'm qualified to say that sticks and stones are problematic, but names can hurt, too—and it's a good idea to think about what you call your golden gal pal. Here's a phrase I've recently retired: "old friend." I now refer to my BFF from elementary school as my "long-time" friend Kimberly, to much appreciation.
- Here's another thing to avoid: breaking into peals of laughter if your tech-challenged quinquagenarian pulls out a flip phone or a BlackBerry. Remember—you're dealing with someone who might have fond memories of the busy signal or a typewriter or both.
- This actually happened to me. My teenage son was kind enough to offer, after I agreed to pay him, to shoot a video for my latest book. As he focused my phone's camera, he said, "Mom, you look just like Grandma." If your mother, your girlfriend, your officemate, or even your grandmother looks like a grandma, just don't say it out loud. Here's the thing: We know this already!
- Lastly, remember that those of you who are getting a front-row seat to menopausal madness might be called upon to be the voice of reason. My younger neighbor talked me out of getting the words UNDER NEW MANAGEMENT tattooed just below my C-section scar in a less-than-rational moment before I consulted my gynecologist about vaginal lubricants. So make sure you're taking good care of yourself. We need you!

ANNABELLE GURWITCH IS AN ACTRESS AND A NEW YORK TIMES BEST-SELLING AUTHOR. HER MOST RECENT BOOK IS *I SEE YOU MADE AN EFFORT: COMPLIMENTS, INDIGNITIES, AND SURVIVAL STORIES FROM THE EDGE OF 50*, NOW OUT IN PAPERBACK.

► MEET THE
BLOGGER:
**SHALICE
NOEL**



Shalice Noel is a coffee-gulping stylist, mother, and blogger who loves her family and the occasional thrift score. She manages a fun, albeit chaotic household with the help of her supportive husband. Among her passions are dark chocolate, kombucha, and all things fashion. From a young age, she created inspirational boards in her room using magazine cutouts of her favorite looks. She loves pairing unlikely pieces to add an unexpected edge to her outfits and to showcase her unique style. Follow her on Instagram and her blog for daily inspiration.

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Work & Money

THE VIEW FROM HERE

When Cristeta Comerford was 21, she came to the United States from the Philippines and took the first job she could get, in the kitchen of an airport hotel. Ten years ago, at age 42, she became the White House executive chef—the first woman in that role. Comerford took some time to speak with *Real Simple* about rallying talent, keeping calm, and feeding the country's most influential family.

CRISTETA COMERFORD
• White House executive chef
• Washington, D.C.



Written by Jane Porter

What was your childhood like in Manila?

I was number 10 in a family of 11 kids. The constant smell of food is a very vivid memory for me. My parents came from a town on the outskirts of Manila. My grandparents had a rice paddy, a fishpond, and livestock. Everything was right in their backyard. If you wanted chicken for dinner, you had to catch one and give it to Grandma so she could pluck it.

Did you always want to be a chef?

When our family immigrated to Chicago in '83, I wanted to find a job in food science, but it was difficult. Mom had a friend who worked at a hotel. I started there as a salad girl.

And that was that?

Yes. When I walked in and saw my first chef wearing the white shoes and scarf, the tall hat, and the starched uniform, I thought, Where have you been all my life?

What's your family's experience of food like today?

My husband is also a chef, so our 14-year-old daughter has always eaten adult food. We took her to a tasting when she was four or five, and she actually kept up with us.

How did you wind up at the White House?

There was a state dinner for Nelson Mandela during the Clinton administration. I was working at a D.C. restaurant called the Colonnade. They asked chefs in the neighborhood to help. Then, in 1998, the White House's chef brought me in as sous chef. In 2005 the Bushes installed me as their executive chef.



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What was that moment like—finding out you got the job?

I saw the news streaming on CNN: “White House installs first female executive chef.” It was scary, in a good way. The movie *Finding Nemo* always comes to mind—when all the fish escape the tank and jump into the water and look at each other and say, “Now what?”

Tell us about one of the toughest meals you’ve ever pulled off.

Last year, at the Africa Leaders Summit, we had to cook for 50 heads of state. We had to accommodate all the dietary restrictions, practices, and preferences. It was a huge logistical challenge.

How do you lead your team in a situation like that?

I’m more of a coaching leader. You want to rally the people around you. You’re there to look at everyone’s talents and make sure you get the best of each team member. We have a lot of different ethnic backgrounds in the kitchen. The sous chefs

“I’m more of a coaching leader. You want to rally the people around you—look at everybody’s talents and make sure you get the best of them.”

have all these wonderful recipes in their heads. I always welcome everybody’s ideas.

What’s your best time-management secret?

I have an hour commute to work. It gives me time to plan, so I’m set to take care of the most important things first. As soon as I walk in the kitchen, I know what I’m going to do.

How much sleep do you get?

We make sure our daughter is in bed by 9:30 at the latest. Within 10 minutes, my husband and I are conked out as well. I get up around 4:30.

What’s your morning routine?

I do a little organizing so that when I leave, the bed is made and the house is clean. I also take a little quiet time in the morning. I have a Bible phone app that has a suggested daily reading that I like to use.

Do you have time for exercise?

We have a 50-pound poodle at home that needs a whole lot of walking in the morning. I try to do that at least four times a week.

You take care of two families—the Obamas and your own. How do you do it?

My husband stepped back from his executive-chef job to be a work-at-home dad. He’s a great support

system. He makes sure our daughter is driven to practices and doctors’ appointments, and he does the cooking Monday to Friday. I take over on the weekends. He’s such a great partner. I couldn’t ask for more.

What’s your advice to those aspiring to succeed in your field?

The key is balancing your career life, your home life, and your spiritual life. That helps me be a better chef. I try to get home in time for dinner at least three times a week. I’m very protective of Saturday because it’s family time. We don’t schedule anything. My daughter and I try out different recipes. She loves to bake.

And now the question on everyone’s mind: What do the Obamas like to eat?

The First Family loves fresh food and anything seasonal. In 2010 the First Lady installed a four-season garden. We use a lot of vegetables from there. It’s a beautiful resource. You just walk in the backyard and pick whatever you want. It’s almost like coming back home to my grandma’s place. Everything is right there.



ASK BUCKY

TIME INC.’S* ALL-KNOWING, STRAIGHT-SHOOTING VICE PRESIDENT OF STAFFING, BUCKY KEADY, TACKLES YOUR WORK-PLACE CONUNDRUMS.

If you’re pregnant and interviewing for jobs, at what point do you need to spill the beans?

“Technically, it shouldn’t matter at all. It’s illegal for pregnancy to factor in when you’re being considered for a job. But I think it’s good form before an offer is made to say that you’re pregnant and when your due date is. You want to make sure you’re far enough along in the interview process that you’re being evaluated for your work, not your exciting personal news. Once you’re on to meeting two or three, bring it up. This way, right out of the gate, you’re partnering with your potential boss on how you would handle your workflow while you’re out. It shows you’re thinking ahead about the big picture and that you’re a direct, forthcoming person.”

*TIME INC. IS THE PARENT COMPANY OF REAL SIMPLE.

A young child with blonde hair, wearing a dark blue shirt and dark pants, is crouching in a field of tall green grass and white, fluffy flowers. The child is looking down at the flowers. In the background, there are rugged, rocky mountains under a bright blue sky with wispy white clouds. The scene is bathed in warm, golden light, suggesting late afternoon or early morning.

MEMORIES HAPPEN WITHOUT WARNING

We make plans in advance. We attempt to orchestrate details. That's not how this world works. Beauty lies in the unexpected. Awe strikes randomly. We won't know when. All we know is where.

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COLORADO
COME TO LIFE

How to conquer your fear of public speaking

With the proper preparation, you can stand and deliver with the best of 'em.

Speech coach Christine K. Jahnke, the author of *The Well-Spoken Woman*, reveals how.

Written by Adriana Gardella
Illustrations by Eight Hour Day



1

CARVE OUT TIME. “People underestimate how much work it takes to prepare. The speakers who make it look effortless are the ones who’ve spent hours getting ready. Schedule ample time for writing and rewriting your speech and practicing it aloud, whether on video, a voice recording, or in front of the mirror. (You won’t know if your speech works until you hear it out loud.) You’re better off doing shorter sessions every day over a longer period than cramming a couple of days before. And I know this sounds like a lot, but for an important speech, I believe every minute you speak requires an hour of preparation.”

FOR MORE FROM THIS EXPERT, GO TO THEWELLSPOKENWOMAN.COM.



2

CASE THE JOINT. “YOU DON’T WANT TO BE SEEING THE SETUP FOR THE FIRST TIME WHEN YOU SPEAK. AS EARLY AS POSSIBLE, GET A LOOK AT THE SPACE. IS THERE A MIC, AND DO YOU KNOW HOW TO WORK IT? BEHIND THE LECTERN, IS THERE A PLACE WHERE YOU CAN STASH WATER? HOW CLOSE IS THE AUDIENCE? DOES ANYONE SPEAK BEFORE YOU? KNOWING THESE ANSWERS MAKES A BIG DIFFERENCE.”



3

VISUALIZE SUCCESS. “Envision yourself in front of the audience. Look around the room, noticing how everything is in place because you arrived early to set up. Think about how good your outfit looks. Take a deep breath and exhale. Practice the opening aloud. Think through your main points and a funny story that gets a chuckle. Smile to acknowledge the audience’s reaction. Practice the visualization again, this time from the perspective of the audience. Watch yourself calmly and confidently approach the lectern. Take in the smile on your face and laugh at the humor in the opener. Nod in agreement at key points. Give yourself a hand. This exercise can be really powerful.”



4

STRIKE A POWER POSE. “Amy Cuddy’s now famous TED talk on power posing explained that movements that make you bigger—think of a runner winning a race with her chin lifted and arms in a big V, or Wonder Woman, with her hands on her hips—raise the testosterone level in your body and reduce the level of the stress hormone cortisol. I worked with a woman who would make sure she got on the elevator alone before speaking so she could do her power poses. If it’s tricky to find a private place, there’s always the bathroom. And then you can do a final mirror check of hair, teeth, buttons, and zippers.”

5

LOG SOME HOURS. “Seek out speaking opportunities. The more you do it, the better you’ll get. Be the person at the baby shower who stands up and toasts the mom-to-be. I guarantee she’ll remember the gesture far more than any gifts she receives. And Toastmasters is still alive and well. This worldwide network of public-speaking clubs is full of people who want to improve their skills.”



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Crowdfunding, decoded

Confused about how fund-raising sites like Kickstarter operate? Whether you're a giver or a taker (no judgment!), this quick primer will step up your savvy.

THE GUIDE
work & money

KICKSTARTER.COM has a certain cachet because it screens campaigns, turning down about 20 percent of the projects submitted. As you probably know, it tends to favor creative endeavors, like films and music projects. The fund-raising format is all or nothing: You set a financial goal and a deadline—anywhere from 1 to 60 days—and if you raise your targeted amount in the time allotted, you get the money. If you don't hit the target, you get nothing. So when people contribute to a Kickstarter campaign, what they're really doing is *pledging* money. Nothing is charged to the credit cards unless the goal is reached by the deadline. Assuming that a campaign hits its goal, 5 per-



cent goes to Kickstarter and 3 to 5 percent goes to payment processing.

YOUCARING.COM and other "flexible funding" sites, such as GiveForward.com, deliver whatever money is donated. You don't have to worry about reaching your goal. These sites are best for things like medical bills, disaster relief for families, and education-related projects. Credit cards are charged right away when people give. (The fee structures vary.) There are even some specialty flexible-funding sites: AdoptTogether.org, for example, helps people meet adoption expenses.

INDIEGOGO.COM allows you to choose between an all-or-nothing format (such as Kickstarter's) and a flexible-funding setup. It accepts nearly all proposed campaigns. Your deadline can be up to 60 days from launch. The site takes 4 percent for itself if the goal is reached but 9 percent if it's not. (See how they motivate you to campaign hard?) Processing takes another 3

to 5 percent. Campaigns for tech, personal causes, and film projects tend to do well on Indiegogo. (The site GoFundMe.com, popular for education and humanitarian efforts, is similar to Indiegogo in that it lets you choose between flexible funding and an all-or-nothing setup.)

Need more help navigating the crowdfunding options? Crowdsunite.com is a site that compares details and fees and shares user reviews so you can figure out which service is right for your campaign.



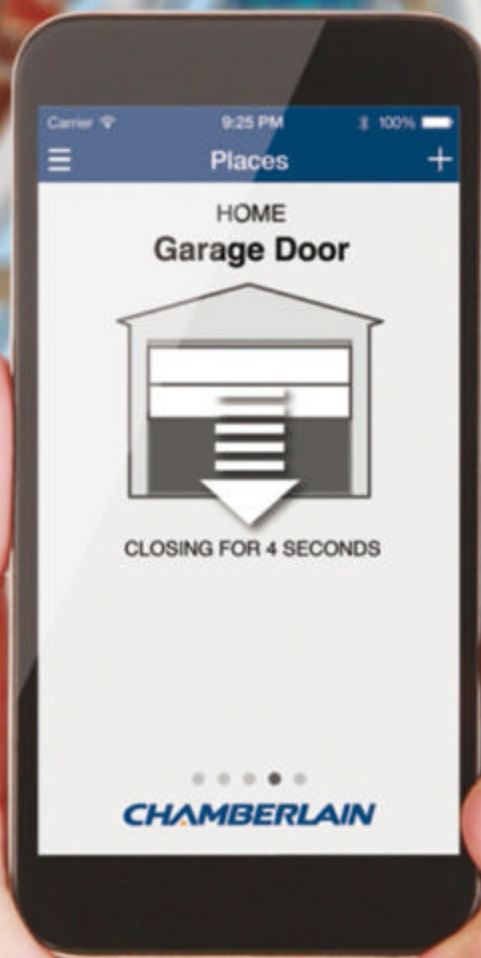
EPIC (WORK) FAIL
In which one *Real Simple* reader reveals a hilariously humiliating workplace experience. This month's story comes from A.V., via Facebook.

"I sit on an exercise ball in a glass-enclosed office. One day, the ball just popped. It sounded like a gunshot. Because I have strong abs, it took me about three seconds to fall to the floor, which resulted in another boom. At this point, everyone was in the hallway looking around for the source of the noise. There I was, sprawled on the floor in front of glass walls, with half the building staring. So I did what anyone would do: I waved, then got up and took a bow."

HAVE A STORY THAT YOU WANT TO SHARE? SEND IT TO EPICFAIL@REALSIMPLE.COM.

Written by
Pamela Grossman

CLOSE YOUR GARAGE DOOR BETWEEN TILT-A-WHIRL AND THE SCRAMBLER.



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WILLIAM ABRANOWICZ, *MIANUS RIVER GORGE* (MAY 2013)

COME CLEAN
The fizzy bubbles
in club soda
help break down
stains by
loosening grime.

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Schweppes

CLUB SODA
J. Schweppes



IT'S ONLY NATURAL

The next time you have a sink to scrub or a window to wipe, just raid your cupboards. This collection of **easy green cleaning recipes** shows how everyday ingredients (salt, vinegar, vodka!) can make all your surfaces sparkle.

Written by Stephanie Sisco Illustrations by Holly Wales

COME CLEAN
Vodka is a proven
germ and odor
eliminator. You can
use any brand,
as long as it's not
flavored.

ABSOLUT[®]
Country of Sweden
VODKA

*Every drop of this
superb vodka has been crafted
only with Swedish winter wheat
near the small town of Åhus
and continues a determined
commitment to the pursuit of
perfection since 1879.*

IMPORTED
40% ALC./VOL. (80 PROOF)
PRODUCED AND BOTTLED IN ÅHUS, SWEDEN

ABSOLUT[®]
Country of Sweden
VODKA

*Every drop of this
superb vodka has been crafted
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ALL-PURPOSE CLEANERS

1

ESSENTIAL-OIL CLEANSER

USE IT ON: Quartz, marble, and granite counters. Also appliances, tables, bathroom sinks, baseboards, and window sills (but not glass).

- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup rubbing alcohol
- 5 to 10 drops peppermint, lemon, or orange essential oil
- 1 squirt natural dish soap

DIRECTIONS: Pour all the ingredients into a 16-ounce spray bottle and shake well. Spray onto the surface and wipe with a microfiber cloth.

WHY IT WORKS: Rubbing alcohol helps kill bacteria and is fast-drying. Natural dish soap is gentle and effective at removing dirt and grease. The essential oil is antibacterial (and great-smelling).

RECIPE BY MELISSA MAKER, FOUNDER OF THE CLEAN MY SPACE CLEANING COMPANY, YOUTUBE CHANNEL, AND BLOG

This lemon cleanser lasts 6 months if kept in a cool, dark spot. (For general freshness guidelines, see the shelf-life information on page 155.)



2

FRESH LEMON DEGREASER

USE IT ON: Any hard surface except wood. (The baking soda can scratch a wood surface, and the solution can dull the finish if not wiped down thoroughly.)

- 2 cups water
- 2 tablespoons freshly squeezed lemon juice
- $\frac{1}{2}$ teaspoon Dr. Bronner's Castile soap
- 1 tablespoon baking soda

DIRECTIONS: Pour all the ingredients into a 24-ounce spray bottle and shake well. Spritz onto the surface and wipe with a microfiber cloth.

WHY IT WORKS: Lemon is a natural bleach, disinfectant, and degreaser. Baking soda, which is a gentle abrasive, also has deodorizing properties. Castile soap helps disperse the other ingredients once the solution is sprayed on a surface.

RECIPE BY LINDA COBB, CREATOR OF THE QUEEN OF CLEAN BOOK SERIES

3

VINEGAR-AND-VODKA DISINFECTANT

USE IT ON: Bathroom surfaces, countertops, tables, appliances, light switches, and doorknobs.

- $\frac{1}{2}$ cup white vinegar
- $\frac{1}{2}$ cup vodka
- 10 drops lavender essential oil
- 10 drops lemon essential oil
- $1\frac{1}{2}$ cups water

DIRECTIONS: Pour all the ingredients into a 24-ounce spray bottle and shake well. Spray all the surfaces and let sit for 10 minutes. Wipe clean with a microfiber cloth.

WHY IT WORKS: White vinegar and vodka inhibit the growth of germs. The lavender and lemon essential oils are antibacterial and antiseptic. (Bonus: The scent of the lavender helps relieve stress and boost mood.)

RECIPE BY BECKY RAPINCHUK, AUTHOR OF THE ORGANICALLY CLEAN HOME AND FOUNDER OF THE BLOG CLEANMAMA.NET



5 MORE NATURAL ELEMENTS WITH CLEANING CRED

1. HANDLED PUMICE STONE
To get rid of a toilet-bowl ring, wet the pumice, then scrub. It won't scratch the porcelain.

2. BEESWAX
Use it to polish and protect wood furniture.

3. COFFEE
A bowl of dried grounds in the refrigerator combats spoiled-food odors.

4. TEA
Soak rusty tools in a bucket of cooled black tea; wipe clean with a cloth.

5. OATMEAL
Mix with water to scrub dirty hands.



WHY DILUTE WITH WATER?

It helps the other ingredients blend together and keeps residue from being left behind.

SPECIALTY CLEANERS

4

GLASS CLEANER



USE IT ON: Mirrors and windows.

- 2 cups water
- 2 tablespoons white vinegar
- 2 tablespoons rubbing alcohol
- 5 drops peppermint essential oil

DIRECTIONS: Pour all the ingredients into a 24-ounce spray bottle and give it a little shake to combine. Spray onto a microfiber cloth and apply to the surface.

WHY IT WORKS: White vinegar cuts dirt and grime. Rubbing alcohol speeds the drying process, so you don't end up with streaks. Peppermint oil, which has antibacterial properties, is also aromatic, so it counteracts the vinegar's odor.

RECIPE BY BECKY RAPINCHUK

Spray the glass cleaner on a cloth, not directly on a mirrored surface. If not, you run the risk of saturating it, which can lead to discoloration.



5

CHROME CLEANER

USE IT ON: Faucets, small appliances, and other chrome objects.

- 2 cups water
- 1/2 teaspoon Dr. Bronner's Castile soap
- 3 tablespoons white vinegar

DIRECTIONS: Pour the ingredients into a 24-ounce spray bottle and shake well to combine. Spray onto the surface. Let sit for 10 minutes. Wipe with a damp cloth and buff with a dry cloth.

WHY IT WORKS: Cleaners with sulfates or harsh synthetic detergents can damage chrome and mirrors. **Castile soap is free of these. Instead, it's made with vegetable and hemp oils that gently remove dirt and residue.** White vinegar removes buildup, too.

RECIPE BY LINDA COBB

This chrome cleaner also works on mirrors. Spritz it on a microfiber cloth (not on the mirror directly). Wipe in an S-motion.

7

SINK SCRUB

USE IT ON: Sinks, tubs, and grout.

- 2 cups baking soda
- 10 drops lemon essential oil
- 10 drops clove essential oil
- 1 squirt Dr. Bronner's Castile soap
- A few drops of water

DIRECTIONS: Mix the baking soda with the essential oils using a butter knife. Store in an airtight container. Sprinkle the mixture over the sink surface, then add a squirt of soap and a few drops of water. Scrub with a nylon-bristle brush. Rinse thoroughly.

WHY IT WORKS: Baking soda degrades without scratching. When combined with the antiseptic essential oils and the cleansing soap, it forms a paste that whisks away dirt.

RECIPE BY BECKY RAPINCHUK



DUAL-PURPOSE POTION

Have leftover sink scrub? You can use the baking-soda blend as a kitchen air freshener if you store it in a pizza-style cheese shaker with a perforated top.

6

HEAVY-DUTY KITCHEN SCRUB

USE IT ON: Kitchen sinks, pots and pans, cooktops, tile, tubs, and bathroom sinks.

- 1/4 cup natural dish soap
- 1/4 cup baking soda
- 5 drops clove essential oil
- About 3 drops of water

DIRECTIONS: Mix all the ingredients in a bowl. Apply to the surface using the gritty side of a double-sided kitchen sponge; scrub. Wipe up with a wet cloth.

WHY IT WORKS: Dish soap cuts grease and lifts dirt. Baking soda, which doubles as a deodorizer, is mildly abrasive, so it digs out tough stains and scum. **Clove oil is antibacterial.** (The invigorating aroma is a bonus.)

RECIPE BY MELISSA MAKER



PREFER A LIGHTER SCENT IN THE KITCHEN? SWAP OUT THE CLOVE OIL FOR ORANGE OR ROSEMARY OIL.

COME CLEAN
This mild, plant-based cleanser loosens dirt and debris without dulling a surface's finish.

CERTIFIED FAIR TRADE

Dr. Bronner's Magic Soaps

18-in-1 Hemp PEPPERMINT
PURE-CASTILE SOAP
MADE WITH ORGANIC OILS

INGREDIENTS: Water, Saponified Organic Coconut &
Olive Oils (w/ Natural Fragrance), Organic Hemp Seed
Oil, Organic Jojoba Oil, Organic Peppermint Oil, Natural
Essential Citrus Peel Vitamin E

CERTIFIED FAIR TRADE INGREDIENTS

100% Post-Consumer Recycled Plastic Bottle

Washable! Keep Out of Eyes. & Use Cling Seal
Clean Oils: Do Not Separate Bottle and Then Use
Long Strip Can Cling and Spread over Pump Dispenser
Wash Eyes Well with Water for 15 Minutes
Colorful & Strong Scent for Lavender, Rosemary



CERTIFIED FAIR TRADE

Dr. Bronner's Magic Soaps

18-in-1 Hemp PEPPERMINT
PURE-CASTILE SOAP
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100% Post-Consumer Recycled Plastic

Washable! Keep Out of Eyes. & Use Cling
Clean Oils: Do Not Separate Bottle and
Long Strip Can Cling and Spread over Pump
Wash Eyes Well with Water for 15 Minu
Colorful & Strong Scent for Lavender, Rosemary



COME CLEAN
The acidity of vinegar inhibits the growth of bacteria and prevents mold and mildew from forming.



SPECIALTY CLEANERS

WHAT'S THE SHELF LIFE? Most DIY natural cleaning solutions can last up to a month. But some ingredients (like hydrogen peroxide) lose their potency more quickly. Your best bet is to mix enough for only a onetime use.

8

SHOWER CLEANER

USE IT ON: Ceramic tile, porcelain, and fiberglass (but not natural stone).

- 1/4 cup white vinegar
- 1 cup water

DIRECTIONS: Mix the ingredients in a microwave-safe bowl and heat for 30 to 60 seconds. Pour into a 24-ounce spray bottle. Spritz onto the shower surfaces and let sit for 3 to 5 minutes. Wipe clean with a microfiber cloth.

WHY IT WORKS: The warm liquid softens grime, making it easier to wipe away.

RECIPE BY DEBRA JOHNSON, MANAGER OF THE TRAINING PROGRAM AT MERRY MAIDS, A NATIONAL CLEANING COMPANY



A 24-HOUR WAITING PERIOD ALLOWS THE TEA-TREE OIL TO PENETRATE MOLD AND MILDEW SPORES.

9

MOLD AND MILDEW REMOVER

USE IT ON: Tubs, showers, shower curtains, and grout.

- 2 cups water
- 2 teaspoons tea-tree oil
- 1/4 cup baking soda

DIRECTIONS: Pour the water and tea-tree oil into a 24-ounce spray bottle and shake well. Heavily spray moldy areas with the solution and let sit for 24 hours. Once the time is up, pour 1/4 cup baking soda into a small bowl and gradually spritz it with the solution until a glue-like paste forms. Apply to the moldy surface using a clean toothbrush and scrub. Rinse.

WHY IT WORKS: Tea-tree oil is antibacterial and antifungal, so it wipes out mold and mildew. The baking-soda paste removes any discoloration left behind.

RECIPE BY LINDA COBB

Be careful not to over-saturate the carpet with club soda—too much liquid could damage the padding underneath.



MEASURE CAREFULLY. THE ACID IN THE VINEGAR CAN DULL A FLOOR'S FINISH IF YOU DON'T STICK TO THE RECOMMENDED RATIO OF VINEGAR TO WATER.

11

HARDWOOD-FLOOR CLEANER

USE IT ON: Hardwood floors.

- 1/2 cup white vinegar
- 1 gallon warm water
- 2 to 3 drops lemon essential oil

DIRECTIONS: Mix all the ingredients in a 2-gallon bucket. Dip the mop head in the bucket and wring it out well so that it's barely damp. Apply to floors and repeat.

WHY IT WORKS: Vinegar cuts through dirt and grime. Water thins out the solution so that it isn't harsh on the wood. Lemon essential oil helps mask the vinegar's sour scent.

RECIPE BY BECKY RAPINCHUK

10

CARPET CLEANER

USE IT ON: Natural and synthetic carpets.

- 1 cup club soda or seltzer
- 1/2 cup table salt

DIRECTIONS: Blot to remove any excess liquid from the stain. Saturate the area with club soda and blot again to remove the excess. Next, sprinkle on salt to cover the spot (add more if needed). Let sit 12 hours or until dry. Vacuum to remove the salt.

WHY IT WORKS: The club soda's carbonation lifts the stain, and the salt absorbs it.

RECIPE BY MATT MOBERG, ASSOCIATE DIRECTOR OF THE CLEANING MANAGEMENT INSTITUTE



Jack Sanders, who runs Design Build Adventure, in Austin, Texas, explains how to take readings with a survey scope as (from left) participants Kasey Miller, Knoxy Knox, Carson Fustes, and Juliet Gamarci prepare to check for changes in terrain.





IF I HAD A HAMMER

One ambitious writer went
on a weekend skill-building
adventure to learn
how to brandish power tools.
She got way more
than she bargained for.

SWEAT DRIPS into my eyes. My index finger has a splinter as thick as a matchstick. The power drill is giving me a headache. But on this panting-hot Saturday in Austin, Texas, I could not be happier. I'm participating in a women's building workshop on the grounds of Community First! Village, a place that will provide affordable, sustainable housing for chronically homeless people in Central Texas.

For much of my adult life, I've been part of construction projects. My husband and I renovated a two-story stone barn and built a home from scratch. But I've always been involved from a distance, never taking hammer in hand to create, to bring an idea to physical form. I figure it's time I put on a tool belt

Written by Jeannie Ralston

Photographs by Ben Sklar



Welding is a revelation. When the flame comes on and the visor goes dark, nothing matters but the alchemy at the end of my wand.

myself. My personal goal here is to learn enough to build a writer's shack in my backyard. The larger mission of our two-weekend workshop, run by a group called Design Build Adventure, is to construct a small, peaceful structure—a "micro-chapel"—for future residents of the village.

DAY 1

Jack Sanders addresses the group of 16 women sitting at picnic tables. As director of Design Build Adventure, which offers construction-arts classes in the Austin area, he's our mentor. By this time next year, developers hope to have put up about 225 small affordable-housing units on the 27-acre lot where we sit. Right now on the grounds are just a couple of workshops and vegetable gardens where some future residents work to earn money and develop skills. Among the 16 of us who've come together this weekend for the project is one such resident, but I don't yet know who she is.

My comrades range in age from the 20s to the 50s. Some are interior designers, artists, or aspiring architects who want to do renovation projects on their own. Others hope to build furniture. Our teacher, Jack, is an architectural designer with an environmentalist's abhorrence of waste and a playful sense of improvisation.

"The thing you end up with," he says of the structure we are about to plan and build, "will be more than what any one of us could have come up with on our own." Down the hill is a small clearing among cedar elms that has been set aside for this micro-chapel—a structure intended to give future community members a quiet place to reflect.

We divide into groups of four and begin the

day's work—rotating through skill-building and brainstorming sessions. I find myself with Nancy Mims, a textile artist; Lori Beveridge, who has studied interior design; and Donna Smith*, a quiet woman who looks to be about my age (early 50s). At our first station, our group learns how to use strings and levels to mark off the building site. Because there's no design yet, we set corners of a hypothetically sized structure, using a sledgehammer to pound in two-foot survey sticks. Donna handles the big hammer easily. When I remark on this, she laughs and explains that she works with a lot of heavy stuff at the wood shop here. That's when I realize that she is one of the future village residents. Donna checks the diagonals on the square we've plotted (which ensures that the sides are equal) and adjusts the strings as needed.

After a session with Jack in which he teaches us how to use a surveying scope to chart the topography around the site, our group convenes at a picnic table with an artist named Melissa, whose job is to get us brainstorming on design. Melissa has us jot down phrases to describe a meditative spot we've enjoyed at some point in our lives. Donna sketches a beach sunset—she used to live on the West Coast—with the words *peace* and *calm*. Thinking of a 450-year-old live oak I used to meditate under when I was younger, I write "protected," "clear-minded," "liberated." We're told to work individually the next morning on a fantasy model, however crudely fashioned, that embodies feelings we had in our meditation spots.

In the middle of the night, I wake up thinking about the dappled light that came through the branches of my oak tree. I have a plan.

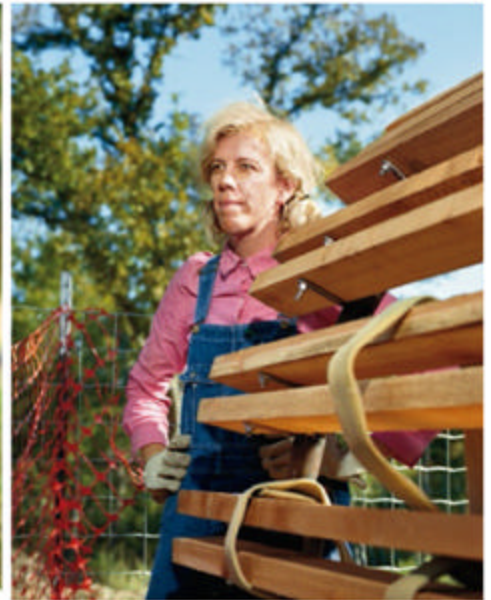
ALL HANDS ON DECK

OPPOSITE, LARGE PHOTO: During the design phase of the workshop, (from left) Royal Frasier, Amenity Applewhite, Amy Segal, and Kasey Miller prepare a model for the micro-chapel. Their design, nicknamed "the Gladiator Shoe" and crafted mostly from popsicle sticks and paper, is one of four presented at the end of day 2. People use materials as disparate as salad bowls, sticks, straws, and Styrofoam to demonstrate their ideas for a cozy, meditative haven. All 16 participants vote, then mentor and leader Jack Sanders blends the winning ideas into a cohesive building plan.

SOME OF THE WORKSHOPPERS, OPPOSITE, CLOCKWISE FROM TOP LEFT: Author Jeannie Ralston; Carson Fustes; Hannah Dees, welding the frame; Kasey Miller; Nancy Mims; Amy Segal, holding a preliminary model made with skewers; Knoxy Knox (with braid) and Lauren Pasternack.

THIS PAGE: In a later phase, Amenity, Knoxy, Kasey, and the author work together to bolt wooden slats into the pipe frame to form an open "roof." To render the pipe bendable, the team used a chop saw in the metal workshop to score the pipe at regular intervals, sawing about three-quarters of the way through.

*NOT HER REAL NAME. NAME HAS BEEN CHANGED.



DAY 2

There are lots of materials for us to choose from—pipe cleaners, Popsicle sticks, metal mesh, foam board. I collect sticks from the ground and, using a glue gun, spend three blissfully focused hours creating a tiny gazebo with a branchy roof open in the center for a view of the sky.

Donna's concept is crescent shaped, with a long bench; gold pipe cleaners indicate strings of lights. Lori points out privately that we need to pay particular attention to Donna's ideas. "She's kind of the client," she notes. Lori's design would face west, she explains, because Donna mentioned how much she likes sunsets.

By the end of the day, we've synthesized our 16 ideas into four and voted on favorites. All the building will happen the following weekend, after Jack has drawn up a detailed plan. Meanwhile, he gives us a lesson, showing us how to weld pieces of steel together. The secret, he says, is to keep moving, transferring molten metal from one piece to the other in a constant flowing motion. He also shows us the chop saw and the disc sander, both of which are quite intimidating. Donna goes first, and the rest of us follow.

DAY 3

At the start of the second weekend, on my way to the workshop, I pick up Donna at a predetermined spot (in front of a store). We look at a printout of

an e-mail Jack has sent with a plan for our structure, which includes wooden slats overhead and a long bench. On the drive, I'm distressed to learn that Donna is currently living in a tent in the woods. Donna tells me that for many years she had worked as a waitress in various parts of the country before moving to Texas a couple of years ago. I don't know what type of problems led to her homelessness, and I don't ask.

We gather at a dry creek that's next to the site, split into groups, and get to work. I'm on the team that's making three large omega-shaped metal ribs that will form the frame of our structure. Four good sports, including Donna, volunteer for the hard labor of digging two-foot holes in the ground to set the ribs into. Another group focuses on constructing the bench—possibly out of wood. But Jack has come across some old fire hoses and wants the team to investigate how to use them for the bench instead. (See photo, left.)

Back at the workshop, my group uses the chop saw to cut into an old oil-drilling pipe at prescribed intervals. We saw about three-quarters of the way through so the pipe can bend. Then, taking turns, we weld each cut we've made to hold the shape. Welding is a revelation. I am enthralled when the flame comes on and the visor goes dark. Suddenly nothing else matters but the alchemy at the end of my wand.

The sun is slipping as we stand the ribs up in the holes at the construction site. We need to complete this today so the cement can dry overnight. Quickly, several of us grab bags of cement and buckets of water to put into an electric cement mixer. "I thought I'd be scared of this thing," one

THE SUM OF ITS PARTS

THIS PAGE: Carson and Nancy experiment with ways to weave old firehoses around a metal frame to construct a tight seat. Jack had challenged them to find a way to use these found materials instead of wood for the bench inside the structure.

OPPOSITE: The finished product combines elements of many early designs, including randomly spaced wooden slats to invite in dappled light, a view of the sky, and an overall sense of both protection and liberation.



We organize our crews so that someone is handing boards while others are putting in bolts and tightening them. When the two groups meet in the middle, we all hoot with joy and relief, as if we had just joined the transcontinental railroad.

woman says, “but it’s really just a giant Cuisinart.” A few women shovel the wet cement into buckets and pour it in the holes. As we leave, the ribs are standing in place, like a tunnel of giant Hula-Hoops.

DAY 4

We’re thrown off schedule, thanks to a triathlon that has closed many roads near the site. Even worse, Donna had told us she would be taking the bus, but the buses aren’t running. No one knows how to reach her.

The shortened workday brings a new sense of urgency. I’m in a group that is drilling holes in two-by-fours that will then be fastened to lie across the ribs. At first I’m tentative with the power drill; I’ve never used one before. But later, when we’re actually putting bolts through the holes and attaching them to metal tabs on the ribs, I man the drill with ease.

Two groups attach the wooden slats, starting from the outside and working toward the center. We organize our crews so that someone is handing boards while others are putting in bolts and tightening them. I’m on a ladder, using the drill to make holes wider when the bolts won’t fit properly. When the two teams meet in the middle, we all hoot with relief and joy, as if we had just joined the transcontinental railroad.

The workshop is supposed to end at 5:30, and we are nearing five o’clock when Nancy and Carson begin threading two long segments of fire hose—one starting on the left, one on the right—through crosspieces. To help move the long sections through more easily, the rest of us create something of a bucket brigade. We unfurl the hose and pass the end down a line of eight women. As the two sides begin to approach each other, we start clapping rhythmically and chanting, “Go, go, go!” Finally Nancy gets under the woven bench and ties the ends together. When she rolls out, we erupt into chaotic cheers. The structure is done, right at 5:30. And it is beautiful—more beautiful than I could have predicted.


For the second time, this workshop keeps me up at night. In this instance, instead of obsessing about a plan for a physical structure, I obsess about a plan for a person—a quiet, hardworking woman we’ve all gotten to know. The next day, I write some ideas for helping Donna in an e-mail to the group, and soon I receive pledges of money



to pay for a hotel room through the coming winter, offers of clothing and a gift card for Target, and leads for jobs at restaurants. When she hears of our efforts, Donna is moved to tears. We wish we could do more. We wish we could make everything right for her, but we don’t know much about her history or what forces or issues might push her off track.

Of all that I got out of the workshop—welding skills, an ease with power tools, a better understanding of how to integrate design ideas, confidence in what my own hands can accomplish—two realizations stand out: that women sharing ideas honestly and humbly can create extraordinary power and grace, and that there are many ways to build—whether a structure, a creative network, or a support system. ■

THIS PROJECT is a collaboration of three Austin-based entities: Design Build Adventure, a creative firm that offers classes in the construction arts (designbuildadventure.com); Women Design Build, a nonprofit that offers DIY workshops (womendesignbuild.com); and Community First! Village, a project to house the chronically homeless being developed by Austin’s Mobile Loaves and Fishes, a nonprofit that delivers food to homeless people around the city. (Learn more or donate at mlf.org.)



DID YOU KNOW?
Eggshell color is determined by the breed of chicken. If the hen's earlobes are white (good luck spying them), she'll probably lay white eggs.

ONE LARGE EGG
has 6 grams of protein, no carbs, and only 70 calories.



EGG-IN-A-HOLE
Turn the page for
the recipe.

OVER EASY

DOESN'T THAT SOUND NICE? (ESPECIALLY ON A NIGHT WHEN YOU FEEL LIKE YOU'RE GOING TO CRACK.) EGGS MAKE A SIMPLE SUPPER FOR ONE OR AN INEXPENSIVE MEAL FOR A CROWD. THEY MAY JUST BE THE MOST VERSATILE FOOD ON THE PLANET. HERE'S HOW TO ENJOY THEM ANY WAY, ANY TIME OF DAY.

Written by Sarah Copeland Recipes by Justin Chapple Photographs by Danny Kim
Food Styling by Rebecca Jurkevich Set Design by Jeffrey W. Miller

Once accused of contributing to America's cholesterol problem, eggs have been vindicated. Scientists now believe what your grandmother always knew: Eggs aren't just delicious and adaptable; they're great for you, too. A whole egg is a complete protein, with all the amino acids our bodies need. Few other nonmeat foods can offer that. And don't scoop out the yolk. "The yolk has all the nutrients. And the fat—which is essential for absorbing the vitamins A, D, E, and K within the yolk," says Frank Lipman, M.D., a coauthor of *The New Heath Rules* (written with Danielle Claro, *Real Simple's* deputy editor). What are you waiting for? You just can't beat an egg.



EGG-IN-A-HOLE (SHOWN ON PREVIOUS PAGE)

STEP 1: Cut a hole in the center of a slice of thick brioche with a 2½- to 3-inch round cutter.

STEP 2: Melt 2 tablespoons unsalted butter in an ovenproof nonstick skillet over medium heat. Add the bread and toast for 2 to 3 minutes.

STEP 3: Flip the bread and crack an egg into the hole; season with salt and pepper. Top with a glass lid (so you can watch) or a regular lid (just lift and peek). Continue to cook on low until the yolk is just set.

Baked

If you've never baked eggs in the oven, you're missing out on one of the easiest and most elegant tricks in the (brunch) book. This technique is especially effective for a crowd. Crack several eggs into tomato sauce in a skillet, then slide the pan into the oven to finish. Or crack individual eggs into small ramekins with butter, cream, and fresh herbs. Baking eggs slowly in moderate heat (about 350° F) keeps them intact but never rubbery. You get silky whites and slightly oozy yolks.

SIMPLE FINISH

If you already have the oven heated to 350° F, you can crack the egg into the bread, then transfer the skillet to the center rack. Bake it without babysitting until the whites are just set, 6 to 8 minutes.



BAKED EGGS WITH PARMESAN AND HERBS

HANDS-ON TIME:

10 MINUTES

TOTAL TIME: **25 MINUTES**

SERVES **2**

- 1 tablespoon unsalted butter, softened
- 1/4 cup heavy cream
- 2 tablespoons finely grated Parmesan
- 2 tablespoons chopped fresh herbs (such as tarragon, parsley, chives, and dill)
- 2 large eggs
- Kosher salt and black pepper
- Thin toast spears, for serving

HEAT oven to 350° F. Coat two 6-ounce ramekins or small ovenproof dishes with the butter. Divide the cream, Parmesan, and herbs among the ramekins and stir to combine. Crack 1 egg into each ramekin; season with 1/2 teaspoon salt and 1/4 teaspoon pepper.

BAKE until the whites are set and the cream is bubbling, 14 to 17 minutes. Serve with the toast.

Poached

You don't need Zen-like concentration or special tools to ace a poached egg—you just need the right setup. (It involves a teacup; see the soup recipe, right.) A poached egg is satisfying as is, but it's even better slipped into chicken soup.



GARLIC AND CHICKEN SOUP WITH POACHED EGGS

HANDS-ON TIME:

20 MINUTES

TOTAL TIME: **45 MINUTES**

SERVES **4**

- 2 heads garlic, cloves separated and peeled, plus 1 whole clove
- 1/4 cup olive oil
- 10 fresh sage leaves
- Kosher salt and black pepper
- 1 1/2 pounds boneless, skinless chicken thighs
- 1 tablespoon white vinegar
- 4 large eggs

- 4 slices baguette, toasted
- Sliced scallions and shaved Parmesan, for serving

THINLY slice 2 heads of garlic (or, for speed, pulse them in a food processor until roughly chopped). Heat 2 tablespoons of the oil in a large pot over medium-low heat. Add the garlic, sage, 1 teaspoon salt, and 1/4 teaspoon pepper. Cook, stirring occasionally, until soft and fragrant, 6 to 8 minutes.

ADD the chicken thighs and 8 cups water. Bring to a boil, reduce heat, and gently simmer, skimming off any foam

from the surface, until the chicken is cooked through, 12 to 15 minutes. Transfer the chicken to a plate and let cool slightly before shredding the meat. Return the meat to the broth.

IN A large, deep skillet, add the vinegar to 3 inches of barely simmering water. Crack the eggs into a teacup, then slip them into the water. Cook until the whites are set, 2 to 3 minutes. Remove with a slotted spoon.

DRIZZLE the toasted baguette with the remaining oil and rub with the remaining garlic.

SERVE the soup topped with the eggs, toasts, scallions, and Parmesan.

ULTIMATE EGG SANDWICH

The secret to a soul-satisfying egg sandwich lies in the crispy-soft fried egg. The trick: Use both butter (which imparts flavor) and oil (which can withstand higher heat). Heat a tablespoon of each in a nonstick pan until sizzling hot—that's how you'll get golden edges—and fry the egg for 2 to 3 minutes before sliding it out of the pan. Place in a biscuit with sausage, sliced Cheddar, and pesto. (Try our recipe, below.)



ARUGULA PESTO

Puree 3 cups trimmed arugula, 3 tablespoons olive oil, 1 ounce grated Parmesan (2 tablespoons), 1/2 small clove garlic, and a pinch each of salt and pepper to a rough paste.



Frittata

Another fast and economical way to feed a crowd? A frittata.

The best ones are moist and fluffy inside (this one gets an almost quichelike texture from added crème fraîche), baked with just enough heat to puff and brown the edges. Tuck in your favorite fillers—potatoes, mushrooms, greens, or grated cheese—and serve in wedges with salad and bread. It's good at room temperature, too.



MUSHROOM, KALE, AND CHEDDAR FRITTATA

HANDS-ON TIME: **15 MINUTES**
TOTAL TIME: **40 MINUTES**
SERVES **6**

- $\frac{1}{4}$ cup olive oil
- 8 ounces mushrooms (such as cremini and shiitake), halved or sliced if large
- Kosher salt and black pepper
- 2 small shallots, chopped
- 8 large eggs
- $\frac{1}{2}$ cup crème fraîche or sour cream
- 4 ounces Cheddar, shredded (1 cup)
- 2 ounces Parmesan, shredded ($\frac{1}{2}$ cup)
- $\frac{1}{2}$ small bunch lacinato kale, stems discarded and leaves sliced (about 4 cups)

TIP

Because you add the dressed kale at the end of the recipe, some of it cooks into the eggs and some of it turns into a crunchy topping, similar to kale chips.

HEAT oven to 400° F. Heat 2 tablespoons of the oil in a large ovenproof nonstick skillet over medium-high heat. Add the mushrooms and season with $\frac{1}{4}$ teaspoon each salt and pepper. Cook, tossing occasionally, until golden, 4 to 6 minutes. Add the shallots. Cook, tossing frequently, until the shallots are tender, 2 to 3 minutes. Transfer to a plate. Reserve the skillet.

WHISK the eggs, crème fraîche, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper until combined. Whisk in the Cheddar and half the Parmesan. Toss the kale with 1 tablespoon of the remaining oil.

HEAT the remaining 1 tablespoon of oil in the reserved skillet over medium heat. Add the egg mixture to the skillet, followed by the mushrooms, the kale, and the remaining Parmesan. Cook until the frittata is set just around the edge, 2 to 3 minutes.

TRANSFER the skillet to oven and bake until the frittata is just set, 20 to 24 minutes. Slide onto a plate to serve.



STRAWBERRY PAVLOVA

HANDS-ON TIME: **20 MINUTES**
TOTAL TIME: **5 HOURS, 20 MINUTES**
SERVES **8**

- 3 large egg whites, at room temperature
- $\frac{1}{4}$ teaspoon cream of tartar
- $\frac{3}{4}$ cup plus 1 tablespoon sugar
- 1 pound strawberries, hulled and quartered
- 1 teaspoon finely grated lemon zest
- Kosher salt
- 1 cup heavy cream
- $\frac{1}{4}$ cup crème fraîche

HEAT oven to 225° F. Beat the egg whites with an electric mixer on medium in a large bowl until foamy, about 1 minute. Add the cream of tartar and beat until soft peaks form, about 1 minute more. Slowly add $\frac{3}{4}$ cup of the sugar. Increase mixer speed to medium-high and continue to beat until the meringue is glossy and stiff peaks form, 4 to 6 minutes more.

SPREAD the meringue in a 10-inch circle on a parchment-lined baking sheet. Bake on the bottom rack until firm and dry, 2 $\frac{1}{2}$ to 3 hours. Turn the oven off and let the meringue cool in the oven, 1 $\frac{1}{2}$ to 2 hours (or overnight).

TOSS the strawberries, lemon zest, a pinch of salt, and the remaining 1 tablespoon of sugar in a bowl. Let sit, stirring occasionally, until the berries are juicy, 20 to 30 minutes.

IN A separate bowl, whip the cream and crème fraîche until soft peaks form.

TOP the meringue with the cream, followed by the berries.



EGGS-TRA!
For more recipes, go to realsimple.com/eggs.



BACK TO BASICS

So, you want scrambled eggs. Here's how to make the creamiest ones: Melt 2 tablespoons unsalted butter in a medium nonstick skillet over medium-low heat. (High heat can scorch eggs.) Add 4 large beaten eggs. Season and cook, stirring frequently with a whisk or rubber spatula, until set into tiny, soft curds, 4 to 5 minutes. Fold in 1 tablespoon chopped chives and eat immediately. (They'll dry out if left in the pan.) Serves 2.

Meringue

Whipped egg whites are the magical ingredient in a Pavlova, a sugary, show-stopping pillow for berries and cream. Take your time. Whipping air into the whites gradually and stabilizing them with cream of tartar *before* adding the sugar is the key to lofty results. When baking, turn off the oven at any sign of browning. The Pavlova will dry out slowly in the cooling oven, leaving behind a marshmallow-like interior and a crisp, pure-white shell.



UNSCRAMBLING THE LABELS

IT'S WORTH PAYING MORE, WHEN POSSIBLE, FOR ORGANIC EGGS. THE OTHER DESIGNATIONS HERE ARE TOUGHER TO CRACK, SINCE NOT ALL OF THE TERMS ARE REGULATED BY THE FEDERAL GOVERNMENT, AND THIRD-PARTY CERTIFICATION IS VOLUNTARY.

ORGANIC

The U.S. Department of Agriculture (USDA) mandates that organic eggs are laid by hens that are free of antibiotics, have access to outdoor space, and are raised on organic feed.

OMEGA-3-ENRICHED

The hens' feed is enriched with extra omega-3 fatty acids, which can take the form of flaxseed, fish oil, or algae. Ideal for vegetarians, these eggs can have 10 times more omega-3s than standard eggs.

VEGETARIAN-FED

This signifies that the birds' feed does not contain animal by-products (such as feathers and bonemeal). It doesn't mean anything about the hens' living conditions.

FREE-RANGE

This classification states that the chickens must not be caged and must be allowed some access to outdoor space. However, there are no requirements for the amount of time spent outdoors, the size of the space, or what the birds are fed.

PASTURE-RAISED

The hens are kept mostly outdoors and are allowed to forage for their food. You may be able to trust this labeling at farmers' markets, but it isn't regulated by the USDA.



THIS PAGE:

NATALIE, 22

Modestly seductive, this little white number, with a removable halter strap and waist-whittling diagonal pintucks, has a slenderizing effect.

TO BUY: Babajaan maillot, \$381, babajaancollection.com. Kenneth Jay Lane bangles, \$90 each, kennethjayanlane.com. Cocobelle sandals, \$143, Chou Chou, 203-761-9999. Forever 21 earrings.

OPPOSITE:

EMILIA, 37

Struggle to find the just-right size?

With a tie-front top, bra-like shoulder straps, and a bottom with adjustable sides, you'll get a customizable fit.

TO BUY: Eberjey top, \$89, and bottom, \$87: eberjey.com. Patricia Underwood hat, \$675, Upper Class, 516-295-6348. Marc Fisher sandals, \$130, Nordstrom, 888-282-6060. Chan Luu wrap bracelets, \$198, and \$325: chanluu.com.

NATALIE IS AN ACTRESS WHO'S ALSO STUDYING FOR A DEGREE IN PSYCHOLOGY.



THE ALL-INCLUSIVE PACKAGE

Real Simple helped **nine real women** with **nine real bodies** find a swimsuit they love. The one-size-does-not-fit-all advice here will help you do the same.

EMILIA HAS AN IDENTICAL TWIN SISTER. (MAJOR WARDROBE-SWAPPING POSSIBILITIES.)

Fashion Editor Victoria Sanchez-Lincoln
Photographs by Roland Bello



FIFTEEN YEARS
APART, SISTERS
BIANCA (LEFT)
AND JULIE MAKE
FAMILY BEACH
TIME A WEEKLY
PRIORITY.

THIS PAGE:

JESSICA, 27

The generous cut, lined cups, and wide shoulder straps may have been designed for those with a baby on board, but the retro polka-dot print has a fashion-forward feel.

TO BUY: Destination Maternity swimsuit, \$37, destinationmaternity.com. Marc Fisher sandals, \$130, Nordstrom, 888-282-6060 for similar styles. Mar y Sol tote, \$125, shopmarysol.com. Dakota Classic Specs sunglasses, \$89, classicsecs.com. Bracelets by Sandy Hyun, Baublebar, Marcia Moran, and Maya Brenner.

OPPOSITE:

BIANCA, 38 AND JULIE, 23

Bianca (far left) wears a sports-bra-supportive top and a tie-to-fit, hip-friendly bottom that handles curves swimmingly. Meanwhile, the mismatched bikini on Julie adds a boost to a narrow frame, thanks to the horizontally striped hipster and cut-out top.

TO BUY: On Bianca, Lands' End top, \$55, and bottom: \$35, landsend.com. Knock-around sunglasses, \$20, knockaround.com. Lydell NYC hoops, \$25, lydellnyc.com. On Julie, Issa de' Mar reversible top, \$84, and bottom, \$70: issademar.com. Ale by Alessandra straw fedora, \$70, revolveclothing.com. Lilly Pulitzer for Target sandals, \$16, target.com. Steven Alan Optical sunglasses, \$165, stevenalanoptical.com. Maya Brenner diamond necklace, \$1,080, mayabrenner.com.

JESSICA'S BABY GIRL, LYLA JANE, WAS BORN ON MARCH 28.



JAMIE LOVES TO TAKE HER THREE KIDS (TWO-YEAR-OLD TATUM, HERE, IS THE YOUNGEST) OUT ON THEIR BOAT TO CATCH STONE CRABS.

THIS PAGE:

JAMIE, 38

Made like a bra (and sized the same way, too), this bust-enhancing top has supportive underwires, nonslip banding, and adjustable hook closures, so it will stay in place even if you opt to remove the halter strap.

TO BUY: Shoshanna top, \$143, and bottom, \$83: shopbop.com. Mary Sol tote, \$135, shopmarysol.com. Marc Fisher sandals, \$140, Nordstrom, 888-282-6060. Knockaround sunglasses, \$20, knockaround.com. Rings by Katie Diamond. On Tatum: Shoshanna Baby-girl one-piece, \$77, shoshanna.com. Ipanema sandals, \$23, ipanemausa.com.

OPPOSITE:

RHONDA, 41

The vertical seaming down the front and the ruching along the sides work together to create a long, lean silhouette.

TO BUY: Melissa Odabash maillot, \$216, odabash.com. Henri Bendel sunglasses, \$145, henribendel.com. Earrings by Forever 21.



RHONDA IS A
NICU (NEONATAL
INTENSIVE CARE
UNIT) NURSE.
SHE WORKS
WITH SICK AND
PREMATURE
NEWBORNS.



THIS PAGE:

LORENA, 39

Minimizing diagonal draping, foam-lined cups, and one strategically placed keyhole make this suit an MVP of figure flattery.

TO BUY: Kenneth Cole one-piece, \$99, macys.com. Eyebobs by Iris Apfel sunglasses, \$125, eyebobs.com. Maya Brenner gold bangles, \$1,156 each, mayabrenner.com. Stylist's own jacket. Earrings by Rocksbox.

BORN IN ECUADOR, LORENA HAS CALLED MIAMI HER HOME FOR THE PAST 24 YEARS.

OPPOSITE:

LORI, 41

Whether you're looking for a little extra support up top or you want to take the focus away from your lower body, this multistrapped beauty fits the bill.

TO BUY: L*Space by Monica Wise top, \$75, and bottom, \$68; lspace.com.

HAIR AND MAKEUP BY STEVEN HOEPPNER USING L'ORÉAL PARIS FOR ABTP.



LORI AND HER
PORTUGUESE WATER
DOG, WALLY, GET
THEIR WORKOUTS
IN AT THE BEACH,
STAND-UP
PADDLEBOARDING
AND PLAYING FETCH.

BEST FOR

- Tummy
- Full bust
- Full hips and thighs
- Straight figure
- Plus size



SWIMSUITS FOR EVERY BODY

TO BUY: 1. Calvin Klein black one-piece, \$128, Macy's, 800-289-6229. 2. Vitamin A black-and-white tankini top, \$82 and bottom, \$75: theorchidboutique.com. 3. Sperry Top-Sider red bikini top, \$58, and bottom, \$58: everythingbutwater.com. 4. La Blanca coral tankini top, \$89, and bottom, \$49, lablancaswim.com. 5. Torrid striped one-piece suit, \$89, torrid.com. 6. Eberjey aqua printed bikini top, \$89, and bottom, \$75: eberjey.com. 7. Seafolly teal bikini top, \$93, and bottom, \$64:

BEST FOR
 Tummy ●
 Full bust ●
 Full hips and thighs ●
 Straight figure ●
 Plus size ●



everythingbutwater.com. **8. Vanilla Beach** blush ruffled bikini top, \$25, and bottom, \$23: target.com.
9. Shore Club polka-dot swimsuit, \$58, swimsuitsforall.com. **10. Swim Sexy** metallic suit, \$52,
 swimsuitsforall.com. **11. Lenny Niemeyer** aubergine one-piece, \$228, nancymeyer.com. **12. Nanette**
Lepore bikini top, \$84, and bottom, \$64: zappos.com. **13. Garnet Hill** striped tankini, \$58, and bottom,
 \$38: garnethill.com. **14. Badgley Mischka** purple one-piece, \$114, badgleymischka.com. **15. Old Navy**
 turquoise one-piece, \$40, oldnavy.com. **16. Kate Spade** printed top, \$85, and high-waist bottom,
 \$85: zappos.com. **17. Lands' End** striped tankini top, \$69, and bottom, \$39: landsend.com.

Photographs by
 Philip Friedman
 Soft Styling by Mai Tran

BEST FOR
 Tummy ●
 Full bust ●
 Full hips and thighs ●
 Straight figure ●
 Plus size ●



TO BUY: 18. Lands' End bra top, \$65, and bottom, \$49: landsend.com. 19. Splendid striped tankini top, \$68, and bottom, \$48: swimspot.com. 20. Lilly Pulitzer for Target navy one-piece, \$40, target.com. 21. Lole navy floral one-piece, \$75, lolewomen.com. 22. Babajaan white printed one-piece, \$310, babajaancollection.com. 23. Garnet Hill navy ruffled one-piece, \$98, garnethill.com. 24. Kore aqua-and-white one-piece, \$246, korewear.com. 25. Old Navy black-and-white printed top, \$20, and bottom, \$20: oldnavy.com.

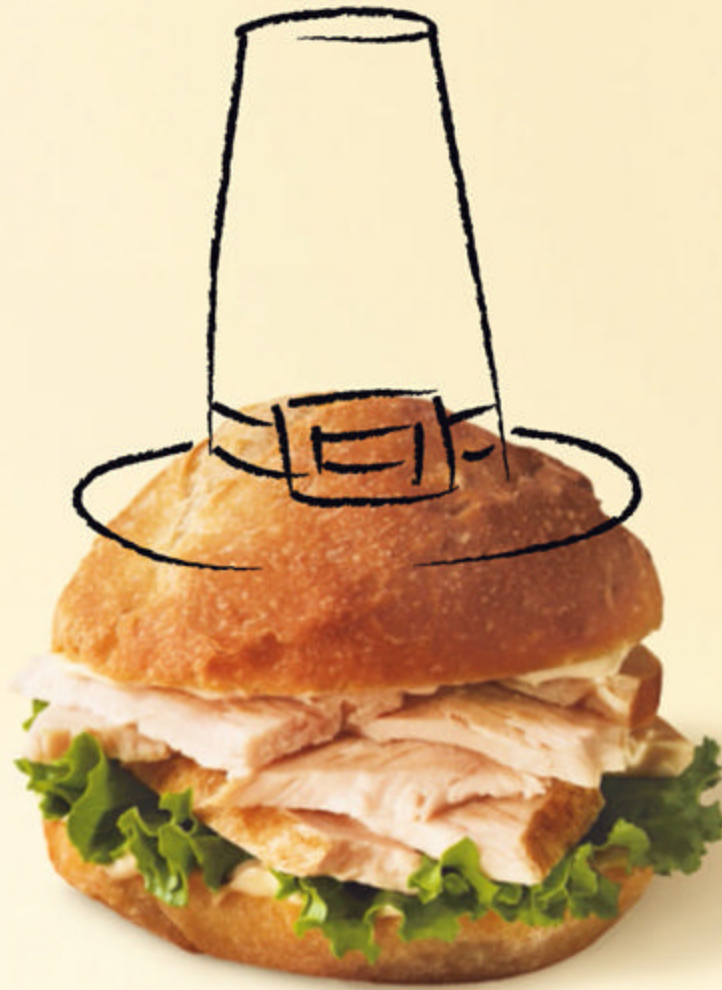
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People love **People**



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Give Thanks on a Tuesday.



Slow Roasted and Carved Thick. *Oscar Mayer Carving Board* gives you all the taste of Thanksgiving any day of the year.

It's Holiday, Any Day Food. It's *Oscar Mayer*.

Food

Quick Cooking (38, 164, 165, 184, 188, 190)
Healthy Pick (166, 184, 190)
Freezable (38, 165, 194)
Make Ahead (38, 165, 194)
Big Batch (38, 166, 194)
One Pot (164, 165, 166)
Vegetarian (38, 164, 165, 166, 186, 194)
Gluten-Free (38, 166, 183, 190)

RED HOT
MUCH OF THE SPICINESS OF A RADISH COMES FROM THE SKIN. LEAVE IT ON FOR MORE FLAVOR (AND COLOR).

PUCKER UP
Native to Mexico and Guatemala, the tomatillo is the tomato's sour friend. Puree (roasted or husked, raw) into a tangy sauce.

PEAK PERFORMER
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Photographs by Charles Masters
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EASY DINNER

1

Pork chops with spring vegetables and mustardy pan gravy

HANDS-ON TIME **20 MINUTES** TOTAL TIME **35 MINUTES** SERVES **4**

-  Quick Cooking
-  Healthy Pick
-  Freezable
-  Make Ahead
-  Big Batch
-  Slow Cooker
-  One Pot
-  Whole-Grain
-  Vegetarian
-  Gluten-Free

FOOD

- 3 tablespoons olive oil
- 4 bone-in pork chops (1 inch thick; about 2½ pounds total)
- Kosher salt and black pepper
- 1 cup low-sodium chicken broth
- 2 tablespoons whole-grain mustard
- 4 shallots, peeled and quartered
- 1 bunch radishes, halved
- ½ pound sugar snap peas, halved
- 1 cup frozen peas, thawed
- Chopped fresh chives, for serving

HEAT 2 tablespoons of the oil in a large skillet over medium-high heat. Season the chops with salt and pepper and cook, in batches, until an instant-read thermometer inserted into the thickest chop registers 145° F, 5 to 6 minutes per side. Transfer to a plate. Reserve the skillet. Add the broth and mustard to the skillet, whisking to scrape up any browned bits. Cook until thickened, 2 to 4 minutes.

MEANWHILE, heat the remaining oil in another large skillet over medium heat. Cook the shallots, tossing occasionally, until browned and softened, 5 to 7 minutes. Add the radishes and cook until just beginning to soften, 3 to 4 minutes. Add the sugar snap peas and cook just until crisp-tender, 4 to 5 minutes. Add the peas, season with ¼ teaspoon each salt and pepper, and toss to combine.

SERVE the pork chops over the vegetables, with the gravy drizzled on top and sprinkled with the chives.



THINGS COOKS KNOW MAKE A PAN SAUCE

STEP 1: Anytime you cook meat or fish in a pan, save the pan drippings. Add a little broth or wine to the hot pan, plus a dollop of mustard or some fresh herbs for more flavor.
STEP 2: Scrape and stir over heat until the sauce coats the back of a wooden spoon. For extra richness, stir in a pat of butter. Season with salt and pepper and serve warm.

Quick Cooking
Healthy Pick
Freezable
Make Ahead
Big Batch
Slow Cooker
One Pot
Whole-Grain
Vegetarian
Gluten-Free

EASY DINNER

2

Spaghetti with asparagus, bay scallops, and buttery bread crumbs

HANDS-ON TIME **20 MINUTES** TOTAL TIME **20 MINUTES** SERVES **4**

FOOD



- $\frac{3}{4}$ pound spaghetti
- $\frac{1}{4}$ cup unsalted butter
- $\frac{1}{3}$ cup panko
- 2 tablespoons chopped fresh dill, plus more for serving
- 1 large bunch asparagus (about 1 pound), trimmed and cut into $1\frac{1}{2}$ -inch pieces
- $\frac{1}{2}$ pound bay scallops
- Kosher salt and black pepper
- 1 teaspoon finely grated lemon zest plus 1 tablespoon lemon juice

COOK the spaghetti according to the package directions, reserving $\frac{3}{4}$ cup of the cooking water; drain.

MEANWHILE, melt 1 tablespoon of the butter in a small skillet over medium heat. Add the panko and cook, stirring, until golden brown, 3 to 5 minutes. Stir in the chopped dill and transfer to a plate.

MELT 1 tablespoon of the remaining butter in a large skillet over medium heat. Add the asparagus and cook just until crisp-tender, 3 to 4 minutes. Add the scallops and $\frac{1}{4}$ teaspoon each salt and pepper. Cook just until beginning to turn opaque, 2 to 3 minutes. Add the spaghetti and $\frac{1}{2}$ cup of the reserved cooking water and toss to coat. (Add more cooking water as needed to loosen the sauce.) Add the lemon zest and juice and the remaining 2 tablespoons of butter.

SERVE the spaghetti topped with the bread crumbs and additional dill.

PROMOTION



A.



B.



D.

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G.



C.

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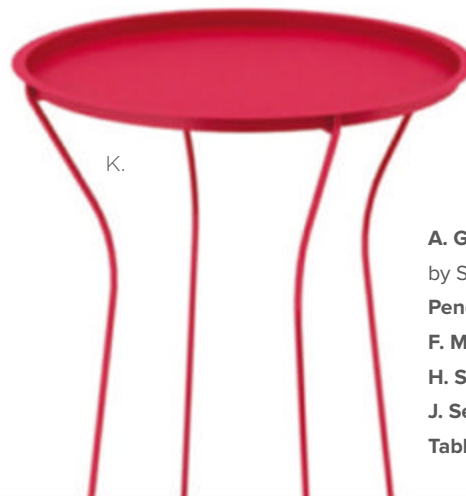
H.



I.



J.



K.



L.

A. Glass (Set of 4) by Lotta Jansdotter **B. Tea Towel (Set of 2)** by Scantrends **C. Faux Potted Plant** by Creative Branch **D. Topan Pendant** by &Tradition **E. Geometric End Table** by Madison Park **F. Metal Basket (Set of 4)** by IMAX **G. Lucy Bench** by Safavieh **H. Striped Pillow** by KESS InHous **I. Glass Cloche** by Barrevel **J. Seeded Jar Lamp** by Jamie Young Company **K. Folding End Table** by Dar **L. Astrid Chest** by Copeland Furniture

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EASY DINNER

3

Broccoli galette with Feta and onion

HANDS-ON TIME **20 MINUTES** TOTAL TIME **1 HOUR** SERVES **4**



FOOD



- $\frac{1}{4}$ cup olive oil
- 2 large onions, sliced
Kosher salt and black pepper
- 1 small head broccoli, roughly chopped
- 3 ounces Feta, crumbled (about $\frac{3}{4}$ cup)
- 1 teaspoon chopped rosemary
- 1 9-inch refrigerated rolled piecrust (from a 15-ounce package)
All-purpose flour, for rolling the dough
- 1 tablespoon Dijon mustard
Green salad, for serving

HEAT oven to 400° F. Heat the oil in a large pot over medium heat. Add the onions and $\frac{1}{4}$ teaspoon each salt and pepper. Cook the onions, stirring occasionally, until golden brown and completely soft (adding 1 to 2 tablespoons water, if needed, to scrape up any browned bits), 15 to 20 minutes. Add the broccoli, half the Feta, and the rosemary.

MEANWHILE, roll the piecrust on a floured surface into a 14-inch circle. Place on a parchment paper-lined baking sheet. Brush the crust with the mustard, leaving a clear $\frac{1}{2}$ -inch border.

TOP the piecrust with the broccoli mixture, leaving the same border. Fold the edges of the piecrust over toward the center, overlapping slightly and covering the filling by about 1 inch. Top the filling with the remaining Feta.

BAKE until golden brown, 30 to 35 minutes. Serve warm, with the salad.

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EASY DINNER

4

Seared salmon tacos with Sriracha mayo

HANDS-ON TIME **20 MINUTES** TOTAL TIME **25 MINUTES** SERVES **4**

FOOD



- 3 tablespoons low-sodium soy sauce
- 1 teaspoon brown sugar
- 4 6-ounce pieces boneless, skinless salmon fillet
- 2 tablespoons canola oil
- Kosher salt
- $\frac{1}{4}$ cup mayonnaise
- 2 teaspoons Sriracha
- 2 baby cucumbers, sliced
- $\frac{1}{4}$ red cabbage, shredded (2 cups)
- $\frac{1}{2}$ cup sliced scallions
- 8 small flour tortillas, warmed

COMBINE the soy sauce and brown sugar. Pour half the dressing into a large bowl and add the salmon. Let marinate for 10 minutes, tossing occasionally. Reserve the remaining dressing.

HEAT the oil in a large nonstick skillet over medium heat. Remove the salmon from the marinade and season with $\frac{1}{2}$ teaspoon salt. Cook in the skillet until opaque throughout, 3 to 4 minutes per side. Break into large pieces.

COMBINE the mayonnaise and Sriracha.

DIVIDE the Sriracha mayonnaise, salmon, cucumbers, cabbage, and scallions among the tortillas and drizzle with the reserved dressing.

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EASY DINNER

5

Rice and beans with steak and fresh tomatillo salsa

HANDS-ON TIME **20 MINUTES** TOTAL TIME **30 MINUTES** SERVES **4**

FOOD

- 2 cups low-sodium chicken broth
- 1 cup long-grain white rice
- Kosher salt and black pepper
- 1 15.5-ounce can black beans, rinsed
- 1/2 pound tomatillos (8)—husked, washed, and quartered
- 2 tablespoons fresh lime juice, plus wedges for serving
- 1/4 cup chopped fresh cilantro, plus more for serving
- 1 tablespoon canola oil
- 1 1/4 pounds skirt steak, cut into 4 pieces

COMBINE the broth, rice, and 1/4 teaspoon each salt and pepper in a medium pot. Bring to a boil, reduce heat, cover, and simmer until the rice is tender and all the broth is absorbed, 15 to 20 minutes. Stir in the beans. Let stand, covered, for 10 minutes.

MEANWHILE, puree the tomatillos, lime juice, cilantro, and 1/4 teaspoon each salt and pepper in a blender until coarsely pureed (adding up to 1/4 cup water, if needed, to loosen).

HEAT the oil in a large skillet over medium-high heat. Season the steak with 1/2 teaspoon each salt and pepper. Cook until an instant-read thermometer inserted into the thickest steak registers 130° F, 2 to 5 minutes per side for medium-rare. Let rest for 5 minutes. Slice against the grain.

SERVE the steak and salsa over the rice, topped with additional cilantro.



NUTRITION

Get details on fat, calories, and sodium at the bottom of each recipe on RealSimple.com.

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Things Cooks Know

Simplifying strategies, techniques, and tips—from the *Real Simple* test kitchen to yours.

Carefree caramel

Yes, yes, just the thought of making homemade caramel is enough for you to turn the page on even the most mouthwatering recipe. But this easy, nearly hands-off method will change your mind. Most recipes call for melting together a mixture of sugar and water. But because water can cause the sugar to crystallize (seize and harden) rather than caramelize, this requires a tricky balance of heat and time. Instead, cook the sugar dry. Amazingly, the heat will melt and caramelize the sugar on its own. Here's the method: Heat the sugar in a heavy pot over medium-high heat, stirring with a heatproof spatula *only after* it begins to melt. Continue to cook over medium-low heat, stirring occasionally, until the caramel is completely liquid and a deep golden brown—ready to use. As with any cooked sugar, use extreme caution when transferring or pouring the caramel.

TRY THIS: "ROASTED" GARLIC

The easiest, tastiest roasted garlic isn't roasted at all. Roasting takes up to an hour and involves squeezing out each tiny clove, with the slippery, papery skin sticking to your fingers. In contrast, cooking peeled garlic in a bath of oil turns the cloves into tender, savory morsels in about a third of the time. Here's the technique.

Bring 1 head peeled **garlic cloves** and $\frac{1}{2}$ cup **olive or canola oil** to a gentle simmer over medium-low heat. Simmer until the garlic is lightly browned and completely tender, 20 to 25 minutes. Let cool in the oil. Keep refrigerated for up to 1 week. **To use:** Mash the creamy cloves onto toasts for an easy appetizer. Add mashed cloves to mashed potatoes. Or puree the garlic with its cooking oil and a few anchovies to make an irresistible dip called *bagna cauda*; serve with raw or blanched vegetables. (After you eat all the cloves, use the leftover garlic-infused oil in salad dressings or for cooking.)

What is cream of tartar, anyway?



Although usually sold in the spice aisle, cream of tartar isn't a spice at all. It's an acid salt, potassium bitartrate, that's an ace baking staple (and one of the main ingredients in baking powder). Cream of tartar's main

function, to put it roughly, is to stabilize a mixture like an airy meringue or even a homemade play dough. For helping egg whites form lofty peaks, there's no substitute. Use it in the Pavlova on page 166.

Illustrations by
Melinda Josie



BETTER BREAKFAST



TIP: To make ahead, soak the bread and custard in a bowl overnight. In the morning, layer in a casserole and bake as instructed.

- 8 large eggs
- 2 cups half-and-half
- 1 cup whole milk
- $\frac{2}{3}$ cup maple syrup, plus more for serving
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon
- Kosher salt
- $\frac{1}{2}$ cup pecans
- $\frac{1}{4}$ cup raisins
- $1\frac{1}{2}$ pounds sourdough or country bread, cut into thick slices
- Unsalted butter for the baking dish
- 2 tablespoons raw or turbinado sugar

HEAT oven to 350° F.

WHISK together the eggs, half-and-half, milk, maple syrup, vanilla, cinnamon, and a pinch of salt in a large bowl. Stir in the pecans and raisins. Add the bread and soak, turning occasionally, until it has absorbed most of the custard, 20 to 30 minutes.

ARRANGE the bread in an overlapping pattern in a buttered 3-quart baking dish. Pour over any remaining liquid, nuts, and raisins from the bowl. Sprinkle with the raw sugar.

BAKE until set and a knife inserted in the center comes out clean, 35 to 45 minutes. Serve warm, with additional maple syrup.

French toast casserole

HANDS-ON TIME **20 MINUTES**
TOTAL TIME **1 HOUR, 20 MINUTES**
SERVES **8**

What's the best thing since sliced bread? Sliced bread layered in a casserole dish, soaked in a sweet, egg custard, and baked. *Et voilà*, French toast for a crowd.

Recipe by Chris Morocco
Photograph by Charles Masters
Food Styling by Victoria Granof

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BACK-TO-BACK MEETINGS (TOTAL OF NINE ON THIS DAY!)
ARE BUSINESS AS USUAL FOR THIS LAWYER
AND MOM OF TWO. WATCH HOW SHE SQUEEZES IT ALL IN.

KATHLEEN NOONAN, 47

- Lawyer and codirector of PolicyLab at the Children's Hospital of Philadelphia (CHOP)
- Married to Jonathan C. Lipson, with two daughters, Ellie, 13, and Maggie, 7
- Philadelphia



7:40 A.M. "We are not morning people and start at a snail's pace. We essentially bought this house because it's a block from school, knowing full well we would be late every day."



8:10 A.M. "As we walk the girls to school, Jonathan and I check in with each other to see who's free to handle pickups and other stuff. We both have complicated schedules."

STAYING ACTIVE
"I'm not one of those women who wake up at 6 A.M. to work out. Besides, I do so much walking throughout my day."

DOING IT FOR THE KIDS
"My job covers a lot of ground, but it's basically about enacting policies to improve the welfare of children."



8:35 A.M. "I met Dr. Cynthia Mollen, a fellow parent and a colleague, at the school to walk to the hospital together. As an adolescent-health expert, she has advice on engaging teens."



12:00 P.M. "I also teach at the University of Pennsylvania. During lunch, I pop over to campus to advise dual-major students in public health and law. We'll talk shop first, then eat."

NIGHT SHIFT
"Tonight I had a board meeting for Public Citizens for Children and Youth to discuss school funding. About twice a week, I work late, so Jonathan or a sitter will cover dinner for the girls."



3:30 P.M. "Back at the hospital, I grab Dr. Louis Bell, CHOP's division chief of pediatrics, for a hallway chat. If I'm not out talking with people about all our projects, I can't get my job done."



7:50 P.M. "Once I get home, I head to the basement to find the girls doing some arts and crafts—sewing for Ellie, drawing for Maggie—and sit down to hear all about Ellie's field trip today."

Photographs by Emily Kinni



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